



UNITED STATES ASSOCIATION OF  
INDEPENDENT GYMNASTICS CLUBS

• INTERNATIONAL ASSOCIATION OF INDEPENDENT GYMNASTICS CLUBS •

**USAIGC - UNITED STATES ASSOCIATION of INDEPENDENT GYMNASTIC CLUBS**

**IAIGC - International Association of Independent Gymnastic Clubs**

**SEPTEMBER 1, 2018 - July 1, 2019 Rules & Policies\***

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**College Bound Optional Only International Competitive Program**

Copper 1 & 2, Bronze, **Diamond**, Silver, Gold, Platinum & Premier



INTERNATIONAL ASSOCIATION  
OF INDEPENDENT GYMNASTICS CLUBS

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Page 2: TABLE OF CONTENTS

Page 3: Club Eligibility & Membership Benefits

Page 4: Gymnasts Eligibility Rules, Membership Termination, Gymnasts Entering USAIGC

Pages 5: Competition Levels, Training & Competition

Page 6: Competition Levels, State, Regional & World Championship Competitions

Page 7: Qualification: States, Regionals & World Championship, Age Determination, Skill Identification, Petitions, Drop Back, Mobility Rules, Mandatory Move Out, Competing on TWO consecutive levels, Individual Event Specialist

Skill Identification, Petitions, Drop Back, Mandatory Move, Out, Mobility, Competing two Consecutive Levels, Individual Event Specialist

Page 8: All Around Gymnasts, Qualification Scores

Page 9: All Around Gymnasts options, Individual Event Specialists Qualification Scores, Sanctioning Procedures, Host Club & Competition Director Responsibilities

Page 10: Entry Forms, Entry Fees, Awards, Hiring Officials

Page 10-11: Competition Requirements, Coaches Responsibilities, Conclusion of Competition, Multi-Organization Competition Rule

Page 11-12: Entry Fees, Official's Hiring Policies Package

Page 12-13: Judging: Requirements, Compensation, World Championship Set-up

Page 13-14: Individual Event Finals, World Championship Team Awards, Graduating Senior Plaques, Gymnasts of the Year, Buddy Goldsmith Scholarship award

Page 14-17: Warm & Up & Compete Format, Competition Equip Spec's, Equipment Modifications

Page 16-18: Uniform Guidelines, Gymnast Behavior, Coaches Behavior, Copper, Diamond, Bronze, Silver & Gold Competition Rules & Policies

Page 18: Gold, Platinum & Premier Competition Format, Vault Rules & Policies: Vault ALL Levels

Page 19 - 20: Balance Beam: Copper, Bronze Silver & Gold Rules & Policies, Copper Competition Apparatus Requirements & Evaluation

Page 20 - 21 Copper Vault, Uneven Bars, Copper "I" Elements

Page 22-23: Copper 1& 2 Balance Beam, "I" Elements, Copper Special Beam Considerations, Copper FX

Page 23: Bronze and Diamond Requirements & Evaluation, Bronze Vault, Uneven Bars, Beam

Page 23-24: Copper 1 "I" Introductory Elements, Bronze Competition Requirements & Evaluation

Page 24-25: Bronze and Diamond Vault & UB Special Considerations BB and FX

Page 26-28 Silver Level Competition Requirements & Evaluation, Special Level App. Requirements, Silver Vault, UB, Beam, FX

Page 28- 32 Gold Level Competition Requirements & Evaluation, Gold Apparatus Requirements, Gold Vault, Specific Vault Apparatus Deductions CHART

Page 32-33: Gold Bars, Beam, and FX Platinum Division and Platinum Vault

Page 34 Platinum Vault, Balance Beam and FX Requirements and Premier Division

Page 35-36: Platinum & Premier VT, Premier Bars, Balance Beam & Floor Exercise

Page 36: UB Element Values Different from Level 10, Premier Bars & Balance Beam

Page 37-38: Platinum Balance Beam Deductions, Composition Deductions, Element Value Different from Level 10

Page 38-40: Premier Beam & Floor Exercise

Page 41-46 USAIGC Uneven Bar Element Values

Page 46-52 USAIGC Balance Beam Element Value

Page 52-54 USAIGC Floor Exercise Element Values

Page 55-56: USAIGC OVERVIEW Chart Copper - Premier

Page 57-59: Composition & Execution deductions

Page 59-61: Collegiate Vaulting Chart

## USAIGC/IAIGC POLICIES

### Club Eligibility and Membership Benefits

Only USAIGC and IAIGC Club Members in “Good Standing” may participate in a sanctioned USAIGC and IAIGC Competition or Event throughout the USA and Internationally, “Good Standing” is defined as:

(a) Club Membership Current. (b) 100% Employee designation displayed on our Club Directory Page confirming ALL employees 18 years and older have a current Background Check Verification. Without (a) and (b) above the Clubs entire Staff, all USAIGC/IAIGC Gymnasts may not participate in any sanctioned Competition or Event nor host any sanctioned competition and event.

### USAIGC/IAIGC Club Membership Benefits Include:

- All Club Employees. There is No Individual Professional Membership Fees.
- VOICE with a Club Vote on Recommended Competitive Rules & Policies (every 2 years).
- Club Owner’s Insurance with USAIGC Insurance App for immediate quotes.
- 100% Safe Club Color PDF Decal
- USAIGC/IAIGC Marketing Materials (PDF’s)
- National Google Club Campaign, Local Press Releases
- Optional Only International Competitive Program
- Rhythmic International Gymnastic Program
- TUMBLING PROGRAM – Boys & Girls
- Free Competition Sanctions
- Free Hard Copy USAIGC/IAIGC Rules & Policy’s for those attending R&P Free Clinics
- Free USAIGC Employee Handbook
- Free USAIGC Legal Business Documents
- Free USAIGC Club Owner’s Business Manual – in progress
- Club Owner’s Business Meetings
- Free Coaches & Officials Rule & Policy Clinics
- Staples Business Award Club Owners Program
- Business Owner’s Conference – “run by Business Professionals”
- Coaches “Hands-On” Skill Clinics
- Class Instructor Workshops -
- Pre-School Workshops
- International Gymnastic Competitive Program
- World Championship
- CLUB OWNERS BUSINESS WEBINAR  
from the comfort of your “CLUB or HOME. 3<sup>rd</sup> LEVEL CONSULTING
- AFLAC Employee Insurance Benefits

## **GYMNAST ELIGIBILITY RULES**

1. ONLY USAIGC/IAIGC Gymnasts with a Current IGC Athlete Number may participate in any sanctioned USAIGC/IAIGC competition or event providing their Club is a USAIGC/IAIGC Club Member in Good Standing with a current Club Membership & 100% Background Check..
2. ALL Athlete Memberships end July 10th regardless of date of enrollment.
3. USAIGC/IAIGC Gymnasts are posted on our USAIGC-IAIGC Web Site for Club Owners, Coaches and Meet Directors to verify the athletes with a password provided by the USAIGC/IAIGC.
4. Competitive Level Placement is determined by the Coach and based on the Gymnasts current competitive skill competency and previous (if any) gymnastic experience.
5. USAIGC Gymnasts cannot compete USAIGC and USAG simultaneously, (in the same season) with the exception of USAIGC Level 8,9 &10 gymnasts who HAVE NOT SCORED a 34.00 in a USAG Competition may register into the USAIGC as follows: Level 8 & 9 may only enter the Platinum Level and Level 10's may only enter the Premier Level.

## **6. MEMBERSHIP TERMINATION**

The USAIGC/IAIGC can prohibit/terminate a Coach/Club Owner/Club from participating in any sanctioned USAIGC/IAIGC competition and event for unethical conduct, unprofessional behavior, inappropriate dress or blatant rudeness.

7. **OFFENDER LIST**: Our NGB posts the names and faces of individuals who may not be in the presence of minors. The USAIGC recognizes and enforces the NGB's list of undesirables. Any individual whose name appears on the NGB list MAY NOT participate under any circumstances in the USAIGC/IAIGC Program. The USAIGC instructs Club Owners check the NGB website four times a year for the protection of our gymnasts and their businesses and to be vigilant with their USAIGC required mandatory background check on ALL Employees, including club owners throughout the year. The USAIGC/ IAIGC has MANDATED a 100% Employee BACK GROUND CHECK for ALL USAIGC/IAIGC Clubs. This includes EVERY Club Employee, including Owners that DO NOT have a current background check. Once a Club successfully completes our Mandatory background check a 100% designation is posted on our Club Directory Page. Failure to complete the 100% Background Check within the prescribed time period will automatically terminate the Club and all of its gymnasts. The USAIGC/IAIGC has raised the bar for Child Safety in our Gymnastic Clubs.

## **GYMNASTS ENTERING THE USAIGC/IAIGC COMPETITIVE PROGRAM**

The USAIGC follows the Amateur Athlete Act, allowing all interested gymnasts to participate in our Competitive Program. Gymnasts with previous competitive experience MUST be placed in the appropriate competitive level by their coach. The critical factors for placement include: gymnast's current skill level, current competitive level in the previous gymnastic program, their competitive history and competency on the USAIGC/IAIGC rules and skill requirements for the level they are entering. Any coach who has a questions pertaining to the level of their gymnast can e-mail Mary Bakke, Technical Director [M143BNY@AOL.COM](mailto:M143BNY@AOL.COM)

## **USAIGC / IAIGC COMPETITIVE LEVELS.**

A USAIGC/IAIGC Gymnast can start on any competitive level. Placement is the responsibility of the Coach based on Gymnasts age, mastery of basic core skills and skill requirements for the competitive level they wish to enter. USAIGC/IAIGC Gymnasts do not have to compete on every competitive level in progression. A Gymnast that has mastered the necessary skills to compete safely on any of our competitive levels may move into that competitive level. The Coach makes the decision.

## **SIX (6) COMPETITIVE LEVELS**

### **TRAINING HOURS\* FOR USAIGC/IAIGC ATHLETES\***

**Copper 1:** Practice Time up to 5 hours per week.

**Copper 2:** Practice Time up to 6 hours per week Designed for second year USAIGC Copper Level Gymnasts as a more challenging level with additional skill opportunities and options on FX.

**Bronze:** Practice Time up to 7 hours per week.

**Diamond:** This is a new level open to all gymnasts moving from any level below, however any Bronze gymnast who scores 36.4 by April 15<sup>th</sup> must move into this Diamond level for States and all subsequent Championship meets.

Practice Time up to 8 hours per week.

**Silver Level:** Practice Time up to 10 hours per week.

**Gold Level:** Practice Time up to 12 hours per week.

**Platinum Level:** Practice Time up to 16 hours per week.

**Premier Level:** Practice Time up to 18 hours per week.

FYI: Collegiate Gymnasts now compete up to 20 hours per week.

\*stretching & conditioning are separate from “skill training hours”.

**Mandatory Move Up Score:** Any gymnasts who scores a 37.85 TWICE in the same Competitive Season must move to the next competitive level WHEN that score is attained for the second time. Our Competitive Season must end by the last weekend in May. World Championship entries will be accepted beginning May 1st.

## **TRAINING & COMPETITION**

Our Competitive Program revolves around an intelligent training model using long-term skill development throughout the competitive season. An “intelligently planned competitive season” is critical for success. Gymnasts need: time to learn, time to improve skills/routines. Adequate recovery time is essential for continued skill development. Down time (rest) for anything but Gymnastics. Our Competitive Season ends on or before the last weekend in May. A minimum two-week summer break is recommended, followed by an optional “summer training program”. Burn out is the biggest factor in gymnasts leaving our sport.

### **USAIGC – IAIGC Competition Levels:**

**(1) Gymnasts competitive level is determined by the Coach not a score** but based on mastery of basic core skills, the skill level/ requirements for the competitive level, the gymnast's strength, flexibility, previous (if any) competitive experience. A Gymnast that has mastered the necessary skills to compete safely on any of our competitive levels may move into that competitive level with the Coaches approval. Gymnasts do not have to compete on every competitive level in progression. They may skip a level but not go back a level.

**Gymnasts crossing over into USAIGC must be placed in the appropriate Competition level.** USAG Gymnasts who compete in a USAG State, Regional or National Championship may not enter our State, Regional or World Championship. Mandatory Move Up Score: Any **gymnasts who scores a 37.85 TWICE in the same Competitive Season must move to the next competitive level WHEN that score is attained for the second time by April 15<sup>th</sup>.**

**Rule Clarifications before our State, Regional & our World Championship.** (1) **Gymnasts competitive level is determined by the Coach** not a score based on: mastery of basic core skills, the skill level/ requirements for the competitive level, the gymnast's strength, flexibility, previous (if any) competitive experience. A Gymnast that has mastered the necessary skills to compete safely on any of our competitive levels may move into that competitive level with the Coaches approval. Gymnasts do not have to compete on every competitive level in progression. They may skip a level but **not** go back a level.

**CROSS-OVER:** Gymnasts who compete in a USAG and compete in a USAG State, Regional or National Championship may not enter our USAIGC State, Regional or World Championship! \* new rule allows 8,9,10s who have not scored a 34 into Platinum & Premier levels. See eligibility rules

- (1) Our Competitive Season **must end** by the last weekend in May.
- (2.) World Championship entries will be accepted beginning May 1st.
- (3.) **World Championship:** from State, Regional or International Competition.

(see each level for qualification scores to the World Championship

## **QUALIFICATIONS STATE, REGIONAL & WORLD CHAMPIONSHIP**

- 1. State Championship:** from ANY Sanctioned USAIGC/IAIGC Competition.
  - 2. Regional Championship:** 1.0 point higher than their State Championship Qualifying Score attained at their State Championship **OR International Competition.**
  - 3. World Championship:** from State, Regional or International Competition
- see each level for qualification scores

### **SANCTIONED USAIGC/IAIGC COMPETITIONS:**

1. Must have at least one additional Member Club for the competition to count as one of the three required competitions needed for qualification to State/Regional Championships.
2. Required Number of Sanctioned Competitions. Copper thru Premier Gymnasts must compete in a MINIMUM of 3 sanctioned competitions
- b. Coach not a score based on: mastery of basic core skills, the skill level/ requirements for the competitive level, the gymnast's strength, flexibility, previous (if any) competitive experience. A Gymnast that has mastered the necessary skills to compete safely on any of our competitive levels may move into that competitive level with the Coaches approval. Gymnasts do not have to compete on every competitive level in progression. They may skip a level but not go back a level.

CROSS-OVER: Gymnasts who compete in a USAG and compete in a USAG State, Regional or National Championship may not enter our USAIGC State, Regional or World Championship! \* new rule allows 8,9,10s who have not scored a 34 into Platinum & Premier levels. See eligibility rules  
(2) Our Competitive Season must end by the last weekend in May.  
(3.) World Championship entries will be accepted beginning May 1st.

### **STATE, REGIONAL & WORLD CHAMPIONSHIP QUALIFICATION**

- 1. State Championship:** from ANY Sanctioned USAIGC/IAIGC Competition.
- 2. Regional Championship:** 1.0 point higher than their State Championship Qualifying Score attained at their State Championship **OR International Competition.**
- 3. World Championship:** from State, Regional or International Competition.

(see each level for qualification scores to the World Championship).

SANCTIONED USAIGC/IAIGC COMPETITIONS:

1. Must have at least one additional Member Club for the competition to count as one of the three required competitions needed for qualification to State/Regional Championships.
2. Required Number of Sanctioned Competitions. Copper thru Premier Gymnasts must compete in a MINIMUM of 3 sanctioned competitions

QUALIFICATION STATES, REGIONALS & World Championship

1. Scores need to be obtained once in a sanctioned USAIGC/IAIGC Competition.
2. World Championship qualification score needs to be attained at a State, Regional Championship or an International IAIGC Competition. Our USAIGC High School Club Invitational, Team Cup & Individual Event Invitational may count as one of the required competitions. \*\*If a gymnast does not compete in a USAIGC/IAIGC sanctioned competition during the current competitive year they CANNOT attend a State/Regional Championship nor qualify to the World Championship. Petitions will be addressed on an individual basis..

Age Determination – two choices The gymnasts age is determined by their date of birth. A gymnast may compete on their current age division until their next birthday and then move into their new age division OR they may compete in the age division that they will be (older) through the State, Regional or World Championship.

Skill IdentificationCopper, Bronze, Diamond, Silver & Gold Competitive Levels:

USAIGC Rules: Value Parts and Elements. ( I's thru C's)

Platinum & Premier Competitive Levels: USAIGC RULES /NCAA Value Parts with Level 10 Modifications Level. ( NCAA & USAG value Parts C/D's)

Petitions: State, Regional & World Championship. Email to

[paul.spadaro@usaigc.com](mailto:paul.spadaro@usaigc.com)

\*\*A USAIGC/IAIGC athlete who has not participated in any USAIGC sanctioned competition during the season WILL NOT be allowed to petitioned to the State, Regional or World Championship unless the gymnast participated at the previous year's World Championship and has a doctor's note for no gymnastic competition since that time.

Drop Back: A Coach may petition the USAIGC; [paul.spadaro@usaigc.com](mailto:paul.spadaro@usaigc.com) to drop a gymnast back one level prior to the start of their second competition. Gymnasts who successfully competed in the previous year's World Championship may not drop back a level.

Mobility Rules the Coach decides when to move their gymnast up to their next level OR to any competitive upward level the gymnast is prepared to successfully compete in.

**MANDATORY MOVE-OUT: 37.85 AA SCORED TWICE BY A GYMNAST ON ANY LEVEL MUST MOVE TO THE NEXT LEVEL. Bronze 36.4 once by 4/15 MUST move to DIAMOND!**



Competing On Two Consecutive Competition Levels.

Individual Event Specialist: The USAIGC/IAIGC promotes and encourages Individual Event Competition at all competitive levels with the same qualification procedures as our AA Gymnasts. Collegiate Gymnastics is built upon the Individual Event Specialist.

Individual Event Specialists may compete on two different consecutive competitive levels for a maximum of 4 events. FYI: IF an Individual Event Specialist competes on four different events on the same competitive level during the competitive season on their next consecutive level up and attains the State Qualifying Score on the higher competitive level that gymnast must move up to the higher competitive level. ( as long as that level up has different requirements/rules)

All Around Gymnasts may compete on one level as an All Around Gymnast and their next competitive level up as an Individual Event Specialist on no more than two events for a maximum total of six events. Coaches MUST UNDERSTAND that IF this gymnast during the current competitive season attains scores on Four Competitive Events on their higher competitive level that equals the State qualifying score on the higher competitive level that gymnast must compete as an All Around Gymnast on the higher competitive level.

**All Around Qualification Scores**

Copper One: 28.50 AA from Local to State Championship\*

29.50AA from State to Regional Championship

**30.50AA from State or Regional Championship to World Championship**

**\*Gymnasts who do not attain a 28.00AA DO NOT have to move to Copper 2**

Copper Two: 30.00 AA from Local to State Championship

**31.00AA from State to Regional Championship**

32.00 AA from State or Regional Championship to World Championship

Bronze Level: 32.00AA from Local to State Championship

**33.00AA from State to Regional Championship**

34.00 AA from State or Regional Championship to National Championship

Diamond Level: 33.50 AA from Local to State Championship

34.00 AA State to Regional Championship

34.50 AA State/Regional to World Championship

Silver Level 31.50 AA from Local to State Championship

**32.50AA from State to Regional Championship**

33.50 AA from State or Regional Championship/World Championship

Gold Level 31.00 AA from Local to State Championship

**32.00 AA from State to Regional Championship**

33.00 AA from State/Regional Championship to World Championship

Platinum Level 31.00 AA from Local to State / Regional Championship

33.00 AA from State / Regional Championship to World Championship

Premier Level 32.00 AA from Local to State / Regional Championship

33.00 AA from State / Regional Championship to World Championship

All Around Gymnasts **not** qualifying to their All Around State Championship may enter the State/Regional Championship as an Individual Event Specialist on a maximum of two events if they have scored the individual event qualification score once in an USAIGC Sanctioned Qualification Meet

Individual Event Specialists Qualification Scores

Copper 1 & Copper 2, Bronze, Diamond, Silver, Gold, Platinum & Premier

8.0 per event from Local to State / Regional Championship 8.5 per event from State/Regional to World Championship

World Championship Qualification is from either the State or Regional Championship in the USA or a meet deemed a World Championship qualifier held in another country

SANCTIONING POLICIES & PROCEDURES

USAIGC/IAIGC Competitions and Events must be a positive experience for our gymnasts, parents, coaches & officials. This is the responsibility of the Host Club & Meet Director. Meet Directors MUST their own meets onto the calendar to be hosted by them in order to receive a sanction. Strong organizational planning and execution create successful competitions and events. Life is not perfect and things do happen but the Host Club & Meet Director has the responsibility to handle all problems in a professional manner. "There are no real problems, only solutions". Our USAIGC Members, Gymnasts, Parents, Officials and Spectators must be treated with respect and show respect. Any problems, concerns or questions [paul.spadaro@usaigc.com](mailto:paul.spadaro@usaigc.com)

FREE SANCTIONS for ALL USAIGC/ IAIGC CLUB MEMBERS in "good standing".

defined as the Sanctioning Club is a current Club Member and has the 100% designation next to their Club Name posted on our Club Directory Page.

NO USAIGC Club Member, nor Member Athletes should attend a Sanctioned USAIGC Competition if these two basic requirements are not fulfilled.

Online Sanctions are found on our Competition Page.

Sanctions are automatically posted to our website's Calendar Page with a sanction number. Click on the Competition Name and a drop down box opens providing all of the basic competition information. Expand the drop down box to view a GPS directional Map to the competition site. Scores are also posted to this page. Sanction request forms can be requested from the USAIGC /Office Fax: 212-227-9793.

Meet Directors must secure judges from our approved judges list on our website and after the competition submit the completed judges verification form and return to the technical Director Mary Bakke Spadaro via email or mail. ( [m143bny@aol.com](mailto:m143bny@aol.com) or 450 North End Ave 20 F New York, NY 10282

Host Club & Competition Director Responsibilities:

1. Check that EACH CLUB is a Member in good standing
2. The Club Member has the 100% designation listed next to their Club name.
3. Check the Clubs Athlete list to confirm athletes Club membership from our Home Page via log-in instructions to view & download the athletes' competition information into their score systems.
4. IF a gymnast cannot be verified or a Club expiration date is not current the gymnast and/or Club may not compete in the sanctioned competition. Contact the Club immediately

5. Entry Forms: Must include: (a). Host Club's Name, Address and contact

information. (b). Name & Address of Competition Site, if not held in the Host Club's facility, (c) Entry Fee, (d) Refund Policy, (e) Equipment, (f) Competition Format, (g) Admission Fees, (h) Awards, (i) Levels, Age Divisions and anything else that is relevant to the Competition.

6. Attending Clubs must include: (a) Clubs Name, IGC #, Address, Phone/Fax, E-Mail, Coaches Attending, Gymnasts Full Name, DOB, IGC Number, Competition Level, All Around and/or Individual Event(s)

7. State/Regional Entry Forms must include all of the information above plus a place to list the 3 USAIGC or IAIGC competitions the club competed in with the qualification score posted once for each gymnast.

Entry Fees: No State/Regional Championship may have an entry fee higher than \$100.00 for outside facilities. Late Entries: may be charged up to \$25.00. Entry Fees not received after the deadline date are considered scratched. Faxed OR E-Mail Entry Form Fees must be received by the Host Clubs 72 hours after the entry is received. REFUNDS: No refunds will be given after the scratch date posted.

Results: sent to USAIGC Office in a PDF file for posting to calendar page. ALONG WITH SIGNED JUDGES VERIFICATION SHEET.

USAIGC Awards. State/Regional Meet Directors must provide the same "Graduating Senior Plaque" for gymnasts not attending the World Championship. Plaques & Individual Event Medals MUST be ordered from A-1 Awards so the size, design and wording are identical. INDIVIDUAL EVENT MEDALS must purchase the USAIGC Medal from A-1 Awards. A-1 receives a list of all State/Regional Competitions. The USAIGC does not receive a rebate from ANY sponsor including A-1 There is a 10-day minimum ordering period. Payment is by credit card at the time of the order. E-mail orders to: [jami@a-1awards.com](mailto:jami@a-1awards.com) OR call A-1 Awards at: 800-444-9569, ask for Jami. Please tell Jami this is a USAIGC Medal Order. You may choose to have a different AA Award for the State & Regional Championships.

## HIRING OFFICIALS FOR STATE and REGIONAL CHAMPIONSHIPS

Our Technical Director must approve officials being considered for State/Regional Championships BEFORE they are hired. Please email your tentative list to Mary, [M143BNY@aol.com](mailto:M143BNY@aol.com) 30 Days prior to Competition.

USAIGC Competition Directors must hire officials from our USAIGC/IAIGC JUDGING POOL listed on our Officials Page/judging Pool effective November 1, 2018 – November 1, 2022.

### Competition Requirements

Session length: maximum 3 hours from scheduled march-in to last competitor's calculated score and if inquiries are needed to be handled. This is barring any injury or unforeseen circumstances.

Number of Athletes per session

Copper up to 80 gymnasts, Bronze & Silver up to 65 gymnasts

Gold up to 60 gymnasts, Platinum & Premier up to 50 gymnasts

Competition Directors must use the best competition format based on level and number of competitors in their competition. The number of gymnasts per session is not as important as the length of time of the competition session.

#### Coaches Responsibilities:

1. Gymnast's personal conduct on and off the competitive floor
2. No cell phones or any communication device on the competitive floor. The use of a cell phone by a gymnast during the competition will void the gymnast's score received at the event of the infraction. Coaches must set the example.
3. Understanding the "warm-up and compete format" explained by the Meet Director/Event Official.
4. Keep your gymnasts together when not competing and making sure they move as a competitive squad with the rest of the gymnasts in the squad.

#### Conclusion of Sanctioned Competition:

1. Send scores to the USAIGC to post onto our USAIGC /IAIGC [Calendar Page](#).
2. Mail Educational Fees\* & the Officials list to the USAIGC/IAIGC Office 72 hours after the competition with the date and name of the competition on the bottom of the check.
3. USAIGC Accident Form posted on our PDF File Page. This must be filled out and sent in with the Educational Fees\* for all accidents.

#### \*Education Fees:

1. Competitions held in the host club facility: \*\*\$4.00 per gymnast with more than 25 gymnasts or 100 individual event routines.
2. In-house Competitions with no more than two teams will not pay an Educational Fee providing there are no more than 25 gymnasts or 100 individual event routines.
3. Competitions held in outside facilities: \*\*\$3.00 per gymnast.
4. State/Regional Championships: \$3.00 per gymnast

#### Multi-Organization Gymnastic Competitions Ruling

ANY SANCTIONED GYMNASTIC Competition with competitors from different Associations/Organization MAY NOT be grouped together in the same competitive session. One group must finish their competition before another group can begin. NO mixing of Associations (gymnasts) within a session. Associations must compete in consecutive sessions. Competitions with two or more equipment setups in the same space but in different areas must keep the Associations separate.

#### ATHLETE ENTRY FEES

The USAIGC /IAIGC does not set entry fees. Every competition is financially different. The USAIGC realizes people count income but forget about expenses. USAIGC/IAIGC competitions provide competitive opportunities for our gymnasts and bring in income for the Host Club/Parents Group. This being said, the USAIGC/IAIGC requests Meet Directors to be sensitive to entry and admission fees. We greatly appreciate Competition Directors/Host Clubs that make the competition experience positive for our gymnasts and create a competition friendly atmosphere for our parents. We expect outside facilities to charge a higher fee than those in gymnastic clubs.

TEAM FEES: are charged IF Team Awards are given. This should be stipulated on the entry form.

ADMISSION FEES: The USAIGC/IAIGC does not set admission fees and we encourage specially priced passes, discounts for children and family pricing.

ENTRY FEE GUIDELINES: One Judge Panels MUST have a 25% lower entry fee than entry fees for two judge panel competitions.

ALL AROUND ENTRY FEES: Local (in-house): two judge panel up to \$60.00 per gymnast, one judge panel up to \$45.00 per gymnast.  
State/Invitational Championship (outside facilities) Up to \$125.00 per gymnast.  
Two Officials per event must be used.

Regional Championship must be in an outside facility:

Up to \$125.00 per gymnast, one judge panel up to \$65.00.

No Regional/State Championship can exceed \$100.00 without permission from USAIGC.

#### OFFICIAL'S HIRING POLICIES

Competition Directors hire ONLY officials **FROM OUR USAIGC JUDGING POOL LISTED** on our website.

Officials must attend ONE Free Clinic per season and pass the judging exam.

Officials Clinics are conducted by our Technical Director Mary Bakke and only these clinics will fulfill certification. ID #'s will be assigned to each official and posted on our Officials page. No other means of information disseminated ie: video, audio, media etc may be used as certification. Clinics may NOT be videotaped.

USAIGC NEW YORK STATE SOUTH Assignor:

Mary Bakke USAIGC Technical Director HIRES ALL OFFICIALS for NYS South Competitions; as well as ALL State, Regional, National & International Competitions.

#### COMPETITION DIRECTORS

No USAIGC/IAIGC Meet Director is REQUIRED to use any association to hire officials. Our Judging Pool includes ONLY officials who have attended our free USAIGC/IAIGC Rule & Policy Clinics.

#### REQUIREMENTS TO JUDGE A USAIGC/IAIGC SANCTIONED COMPETITION

1. The USAIGC has no Professional Judging Membership. The USAIGC recognizes the NAWGJ as an Official's Organization.
2. The USAIGC/IAIGC has its own Judging Contract for sanctioned USAIGC/IAIGC competitions. Our insurance coverage includes our officials.
3. Officials must be optionally rated with a minimum of a current OPTIONAL rating appropriate for the USAIGC/IAIGC Competitive level they are judging. Minimum Rating: Level 8 Optional rating for Copper thru Gold. Level 10 Optional rating for Platinum & Premier.
4. Officials MUST ATTEND a USAIGC/IAIGC Rules Clinic every 2 years, test every 4 years, FULLY understand our Rules & Policies and be prepared for each competition.
5. Official Dress: any professional attire (dress, suit, long pants/ skirt) of any combination of red, white & blue (shades in the American Flag).
6. Officials MUST display Start Value at all Competitions.
7. No "affiliated" Judges on a one-judge panel.
8. No "affiliated" judges on a two-judge panel on State, Regional or World Championship.

### OFFICIALS COMPENSATION PACKAGE

1. Travel expenses limited to: tolls, cabs, bus fares, train fares, parking, airfares, room accommodations (when required). USAIGC will pay \$10 gas allowance for every 50 miles traveled. ( ie 50 miles = \$10, 100 miles = \$20, 135 miles + \$20)
2. Per Diem: One session: no meals, two sessions: one meal, three sessions: two meals. If food is not provided: Officials will purchase their meals and present their receipt to the host club if need be..

Breakfast, Lunch, Dinner \$15 per meal up to \$40 per day.

#### 3. Officials Compensation:

One Judge Panel: \$145.00 per session

Two Judge Panel \$120.00 per session

4. Overtime Compensation: Competitions exceeding three hours, with a (10) minute grace period, beginning with march in and ending with the last competitor's evaluation, the Meet Director will pay each official \$25.00 Overtime. If the time exceeds 3 hours 40 minutes an additional \$25.00 shall be paid to each of the officials. If overtime is due to an injury, or an unusual circumstance, the Meet Director will not be obligated to pay overtime.

### USAIGC/IAIGC WORLD CHAMPIONSHIP COMPETITION

#### All Around Championship & Individual Event Qualification

1. Competition Sessions: set-up by Competitive Level and Age.
2. All-Around sessions include Individual Event Specialists for the same competitive level and age group.
- 3.. Top Ten All-Around Gymnasts per age division of 40 or more gymnasts or 25% of the gymnasts in age divisions with 39 or less receive All-Around World Championship plaques. The USAIGC then medals (100%) of the USAIGC/IAIGC All-Around Qualifiers.

#### Individual Event Finals

1. Competition is either the next day or the last session of the initial day of the All-Around Championship.
2. Ties for the last place qualify into Individual Event Finals.
3. No scores carry over from day one competition.
4. No gymnast may be up FIRST on more than one event in Finals. The Top Ten Gymnasts for age groups with 40+ gymnasts and the top 25% of gymnasts with age divisions of 39 or less gymnasts qualify to Individual Event Finals.
5. Coaches with gymnasts in more than one squad for Individual Event Finals may have their gymnast drop down the competition order and wait for their coach. The coach must alert the officials to this situation so the gymnast warms-up in the proper order.

#### World Team Championship Awards

Team Designations: "Small" or "Large Team" based on the number of gymnasts per competitive level. The number of scores counting will be listed on the World Championship information page prior to the World Championship. The Top 4 Teams will be recognized from both divisions on every Competitive Level. ALL Competing TEAMS with three gymnasts or more will receive a World Championship banner. There is a Team Banner Fee for each Competitive Level and Team unless you choose NOT to have one.

### Graduating Senior Plaques

The USAIGC recognizes its High School Graduating Seniors from ALL competitive levels on their first day of competition. The World Championship Entry Form has a designation for Graduating Seniors It is the Coaches responsibility to forward the graduating senior gymnasts information to the USAIGC Office. Graduating Senior's not attending the World Championship will receive their Plaque at their State/Regional Championship. All plaques MUST be ordered from A1 Awards to assure consistency in plaque size and wording.

Gymnast of the Year Award: Gymnasts will provide a written biography about themselves stating why they believe they are worthy of this award to be presented at the World Championship if they are present.

Buddy Goldsmith Scholarship: \$1,000.00 given to an extraordinary gymnast from any competitive level at the World Championship if they are present based on their written essay. The check will be made out to the Gymnastic Club and used as a credit toward the gymnasts training fees.

### USAIGC Warm-Up & Compete Format:

A warm up is not a training session. The floor exercise mat is for STRETCHING ONLY prior to the start of the official event warm-up. No tumbling or gymnastic skills may be performed at this time. Teams that have a stretching routine may do their routines off the competitive floor exercise mat.

### Presenting To Officials

EVERY Coach and Gymnast MUST present to the official's table prior to the event warm-up and remain at the official's table UNTIL the officials finish the explanation of the warm-up and compete format and the competition order has been decided upon and understood by all. Squads rotate to their next event per coaches meeting instructions.

DO NOT MOVE to the next event because your gymnasts have finished competing.

### Competition Equipment Specs

Copper Vault Spec's for Stacked Mats is 16" – 32" and the white line border is marked at 32".Copper 1

Copper thru Diamond: Uneven Bar & Balance Beam: The coach can set the equipment to any height needed to accommodate the gymnast in order to perform their routine safely. Additional matting may be added. The Coach is responsible for setting the mats and to MAKE SURE an even and safe landing is provided.

### Bronze through Gold:

Vault: Runway Length: 60 - 82' based on gymnasts' competitive level, training distance and the vault being performed. Table Heights: minimum 100cm – maximum 135cm measured from the runway to the center top of the vault table. Matting minimum: 8' by 15.6' from far side base of table and not butting up against a wall. 4" supplemental mat (minimum) 7'X10' may be used in addition to the competition landing mats. Vault Over a Loose-Foam Pit Area MAY NOT be used unless covered by a wooden or medal surface.

Uneven Bars: Height of high bar and low bar & the width (distance) between bars must safely accommodate the gymnast size, skill level, skills being performed and safety. The coach must set the uneven bars based on the training height and width that the gymnast has safely performed in in their gymnastic club. Mounting Distance: 12'-16' Matting: up to 6' by 36' under uneven bars

Balance Beam: Balance Beam heights between 100cm –135cm. Height must be at increments of the locking mechanisms set by the manufacturer specifications.

Mounting Distance: 12'-16' Matting: Complete area under the balance beam 15' wide by 15'.5" per manufacturer and 7'.5" by 12' at the end of the beam not butting a wall.

### Floor Exercise

12 meters X 12meters (40'X40') mandatory, Copper level may use a smaller floor area based on the routine. All manufacturers specs must be followed.

Platinum & Premier: NCAA rules for apparatus, specs, matting & mounting

Equipment and Procedures: NCAA Modifications 2018-19 [WWW.NCAA.ORG](http://WWW.NCAA.ORG)

\* current update TBA; not established at this printing.

a. Sting Mats are no longer allowed for use as a Round-Off (RO) entry hand placement for vault. The only allowable entry pads are the TAC-10 PO pads.

b. The RO pad must be used for RO Vaults.

No chalk marks are permitted on the vault runway. The tape measure is to be use to determine where to begin the approach for vault; chalk may be used on the hands, feet, legs. If a mark is necessary, only removable tape or Velcro may be used.

1 3/8" padded vault runway is required for all competition and must extend a minimum of 82' from the base of the apparatus. The gymnast may use the entire length of a manufactured runway (beyond 82' IF AVAILABLE). Exceptions to the minimum requirement will be made in cases where a host Club cannot provide 82' of runway due to venue limitations. In such cases, the host Club must notify visiting team(s), via email and competition flyer, of the distance that will be provided. No deduction will be taken, if a gymnast starts off of the runway to begin her approach. Low bar must be adjustable to 165 cm and the high bar adjustable to 245 cm without the bar height adapters.

The uneven bars should be set so that the low bar and the high bar lean at the same angle when the bars are set at the maximum width according to AAI specifications.

If a gymnast has a broken/torn grip, she may repeat her routine as the last team competitor. If this does not allow for a sufficient amount of time the gymnast will repeat the routine as soon as it is safe to do so. However, the time should not exceed five minutes. (Note: Common sense and safety must always prevail.)

The minimum run distance that must be provided for mounts on uneven bars and balance beam is 27 ½' from the base or leg of the respective apparatus.



If more than 27 ½ of matting exists, the maximum run distance maybe used. (Note: the host club need not provide more than the minimum). Exceeding the length of the provided manufactured matting will result in .10 deduction from the gymnasts score. If a plywood board is used under the springboard for mounting bars and beam it must be a ½” plywood board with a non-skid surface on both sides.

Except for a small mark on the top surface of the beam, chalk may not be applied directly to the beam. A small amount of chalk may be applied to the gymnasts’ hands and feet as needed for safety.

A minimum of 15 ½’ must be available on the dismount end of the beam.

A chalk arc line may be placed on the corners of the floor exercise mat.

If a mat used on floor exercise exceeds the boundary lines, the mat must be clearly marked with tape or chalk to indicate the actual boundary lines. Failure to mark the mat will result in a .10 deduction taken off the average. Tape may not be placed in the center of the floor exercise mat.

Only one of the following mats: Sting mat, 4” Throw mat, 8” Skill Cushion or one of the allowable mats may be used per tumbling pass/leap combination (i.e., a gymnast may not punch off one mat and land on another). The use of more than one mat in combination shall incur a .30 deduction for improper use of equipment.

Landing deductions are taken for lack of control and/or movement occurring prior to presenting to the judges (i.e., celebrating on the mat prior to presenting to the judges or failing to show a controlled landing prior to turning to present to the judges will result in a deduction)

Uniform Guidelines – All USAIGC Levels

.20 Deduction: leotard above the hipbone, warning must be given first.

Meet referee will instruct a gymnast who does not meet the uniform policies that she is “out of uniform”. The gymnast must comply or face a .20 deduction off the individual’s score.

jewelry Guidelines - All USAIGC Levels. Gymnasts are permitted to wear one stud per ear (warm-up gym included). No other jewelry is permitted. After a warning, a .20 deduction will be taken from the gymnasts score and the jewelry must be removed before the next competitive event.

Unsportsmanlike Conduct – All USAIGC Levels. Executed by any judging panel, head judge or meet referee (MR) and appears as a neutral deduction.

Gymnast’s unsportsmanlike conduct: First time: warning, MR is notified. Second time: MR notified and a .20 deduction taken from the gymnasts’ score for that event by either the MR or chief judge.

Coach’s unsportsmanlike conduct: First time: verbal warning. Second time: MR notified and a .50 deduction taken from the Team Score by the Meet Referee for each violation. Third Time Coach will be removed from competition floor and Team will forfeit its Team Score.

Copper\*, Bronze, Diamond & Silver Competition Levels

\*Copper: 45 seconds: UB, BB, FX

Vault: 2 warm-up vaults per gymnast,

Uneven Bar: 60 seconds per gymnast in competition order OR by bar settings. Copper Level Gymnasts may take 45 seconds per gymnast (to be determined at coaches meeting)

Balance Beam – 60 seconds per gymnast in competition order. No split touch or blocked time is allowed for beam, unless it has been determined at the coaches meeting. If the coaches agree to go out of competitive order for VAULT & BARS the first gymnast up starts the event on her setting and the gymnasts with those settings, warm-up and compete first, followed by the next group of gymnast on their setting. It is the Coaches responsibility to make sure the officials know the order!

Floor Exercise: Based on the numbers of gymnasts in the squad. 6-8 minutes open time. Gymnasts may tumble in between the officials scoring.

Split Touch allowed with 12 or more gymnasts in the squad. With a split touch, tumbling between the officials scoring will take place ONLY with one half of the squad at a time. The first “half of the squad that is competing,” warms-up, then competes. When the first half finishes competing the second half of the squad follows the same procedure. Floor Exercise does not have to split if the coaches are in agreement.

#### Gold, Platinum & Premier Competition Levels Warm up & Compete Format

Vault: 3 warm-up vaults allowed; then compete in competition order OR by the table height

Gold Level: may take 2 competitive vaults. Platinum & Premier follow Collegiate Rules with ONE Vault and a second vault allowed if the gymnast falls or has a void vault on her first vault. If a second Vault is taken on the Platinum & Premier level, the second Vault Score counts.

Uneven Bars: 90 sec. warm-up per gymnast in competition order OR by the bar setting.

Balance Beam: 90 seconds per gymnast in competition order. No split touch or blocked time is allowed for beam.

Going Out of Competition Order If the coaches agree to go out of competition order for VAULT & UB the first gymnast up in competition order starts the event on her setting and gymnasts with those settings will warm-up and compete first, followed by the next gymnast up on her setting.

It is the Coaches responsibility to make sure the officials know the order!

Floor Exercise: 6-8 minutes depending on number of competitors in the squad.

Gymnasts may tumble between the officials scoring. Split Touch with 10 or more gymnasts in the squad. With a split touch, tumbling between the officials scoring is ONLY for the first “half of the squad that is competing,” When the first half finishes competing the second half of the squad follows the same procedure. Floor Exercise does not have to split if the Coaches are in agreement.

#### USAIGC COMPETITION RULES & POLICIES

## Vault

Copper 1: For extremely light and small gymnasts the newer board designed for their small size and light weight may be used only for Copper level gymnasts. Coaches must bring the board to the competitions where it will become property of the Meet Director.

Copper 2: Handspring on 54" stack mat to feet 10.0 ( see optional vault deductions in Gold section) OR (Flatback 9.0)

2.00 point deduction: Coach spotting their athlete during hand support

Prior to hand support 5.0/void. Spot upon landing .5 deduction.

Bronze, Diamond, Silver & Gold: Void / 5.0. Coaches spotting their athlete in any phase of the vault except the landing, which is a .5 deduction.

3. Copper, Bronze, Diamond, Silver & Gold Level Gymnasts may perform one or two vaults without penalty.

4. Platinum & Premier Gymnasts perform ONE VAULT

Platinum & Premier: If the gymnast falls on their one and only vault allowed they may take a second vault, with that second vault score counting. Individual Event Finals: World Championship Vault Event Finals the gymnast has the option to perform a second vault with the understanding that the second vault will be the gymnast's counting score

Vault Update: A hand placement mat may be placed on the runway (not on the board) ONLY for vaults that require placing their hands on the runway in front on the board (Round Off or Front Handspring Entry) Hand placement must be manufactured by a gymnastic equipment company and cannot exceed 2" in height. Nothing else can be used

## Balance Beam:

Copper, Bronze, Diamond, Silver & Gold

A. Three (3) fall limit deduction No additional .5 deduction can be taken for any falls exceeding three (3) - with no score averages below 5.0

B. If a gymnast falls from the beam, remounts and falls off the beam again prior to the start of her routine (clock start); no additional deduction shall be taken.

## Beam Time

Copper: - 45 second minimum, 1 minute 10 seconds maximum

Bronze, Diamond, Silver & Gold: 50 second minimum time, 1 minute and 30 sec. maximum time

A 3-second margin of error for a .1 deduction for under-time.

Under-time greater than 3 seconds will receive the .5 Deduction / Overtime: .1

## Floor Exercise:

Copper: - 45 second minimum, 1 minute 10 seconds maximum

Bronze, Diamond, Silver & Gold: 50 second minimum time, 1 minute and 30 sec. maximum time.

A 3 second margin of error for a .1 deduction for under time

Under time greater than 3 seconds will receive the .5 Deduction, Overtime: .1

A Coach may be on the floor exercise mat without a deduction for Copper, Bronze,

Diamond, & Silver Levels.

A Coach on the floor exercise mat will draw a .5 deduction for Gold, Platinum & Premier. However if a spot occurs -.5 and no Value part or Special Requirement Credit.

FYI: Missing Special Requirement (.4 each) or Value Part's (A,B,C's) will affect the content category for Choice and Variety of elements up to .2 deduction each (VP & SR)

#### Floor Exercise Music

Vocal music may be used on all competitive levels with the understanding the music lyrics will be appropriate. As responsible adults we set the boundaries. Compulsory Music is not allowed in any USAIGC sanctioned competition. Teams may use the same piece of optional music for all of their gymnast's routines

#### Copper 1 & 2 Level Competition Apparatus Requirements & Evaluation

Age Divisions: 5-6, 7-8, 9-10, 11-12, 13-14, 15+ Ages can be sub-divided but not combined.

Special Apparatus Requirements: (if the minimum SR is not achieved no credit will be given)

Four (4) Event Requirements @ .4 each NO B SKILLS (except new B split leap on Beam)

Point Value 1.6 point value

Difficulty / Value Parts (5 A's and/or I's @ .1 each .5 point value

Technical Performance 6.4 point value

Execution & Amplitude small, medium and large degree of error  
Content 1.0 point value

Quality of Movement (including artistic expression, stylization and overall presentation) .5 point value. It's all about EXECUTION!

Transition of connections, combinations, choice of elements with an emphasis on the development of strong fundamental skills and correct body shapes.

Development of solid basics is the foundation of this level along with good rhythm and sureness of movement. The 1.0 value will allow more differentiation throughout the entry-level routine.

#### Neutral Deductions:

A 3 second margin of error for a .1 deduction for under-time ONLY.

Under-time greater than 3 seconds will receive the .5 deduction

Overtime: .1

Out of Bounds: .1 deduction each time (all elements must be "initiated inside boundaries in order to receive VP credit) out of bounds

.5 spotting and no value part credit

.1 each time for failure to present before and/or after the routine

NO deduction after remounting the if there is an immediate fall. Beam routine (and running clock) begins when gymnast resumes her routine again from before the fall.

Copper 1 Vault Start Value 10.0 (Copper 2 9.0)

Handspring Vault Drill - Jump to Handspring Flatback onto Mat Stack

2 Vault Option, all gymnasts have the option of taking one or two vaults with the highest score counting. These are the same deductions as the USAG Level 3 vault

(except \*)

Copper 1 (10.00) Copper 2 (9.00) Flatback Vault Deductions OR Handspring from 32" - 48" stacked mat to the feet (10.00) see page 29 under optional gold vault

General:

Each Phase:

Fail to maintain straight Body Position

>0.30 - Arch

>0.50 - Pike

>0.30 - Legs bent

>0.20 - Legs Separated

>0.10 - Poor Foot Form

>0.10 - Incorrect Head Alignment

>0.30 - Direction

>0.30 - Dynamics

2.0 - Aid of Coach after Hand Support.

Void Vault (5.0) a. if a gymnast never achieves vertical and returns to the board or lands on mat stack spring board and hand placement (does not go over) 3 times! b. incorrect vault, c. aid of coach throughout the vault

Balk: a gymnast is allowed 3 attempts to complete one or both vaults . If the gymnast touches the board and or the apparatus or runs into the table without coming to support or going over it the this will NOT count as one of her counting vaults; it's a BALK. However if the gymnast inverts or comes to a support or goes over the table then this would be considered an executed vault and would be scored as a 5.0. ( Void vault for Plat/Premier)

\* If a void vault situation should occur the score will be entered as a 5.0 since the USAIGC has adopted a 5.0 minimum score for the record. Not for a Scratch/Touch presentation.

Run & Board Contact

> 0.30 - insufficient acceleration during run

> 0.30 - fail to maintain horizontal running speed to board

>0.30 - excessive forward lean on the body on the board

First Flight Phase - (board to mat) see each phase general deductions

Support Phase

>0.50 - arms bent

>2.00 - head contacting mat

>0.30 - showing shoulder angle

>2.0 0- fail to show inverted vertical position from hands to hips (performing a forward roll action)

>1.00 - Contact mat stack w/hands after vertical

>0.5 1-45 degrees

0.5-1.00 46-89 degrees

0.5 Fail to entirely place hands in prescribed landing zone (beyond tape line)

0.20 Staggered hand placement ( 1 inside zone & 1 over line)

>0.3 - Additional hand placements (steps/hops on hands)

3.00 – Fail to contact mat w/both hands (Performs Front Layout or Touches with only One hand)

Post Handstand Phase – See Each Phase General Deductions

Landing Phase

>0.10 Fail to finish in straight lying position on back

1.00 Lands on feet, salutes, & steps off mat

Examples

1.00 Lands on feet, salutes & steps off mat

0.5 Lands on seat with 90-degree Hip angle, salutes, & steps off mat

>0.5 Lands on back w/arch & bent legs, salutes, & steps off mat

Note: If gymnast makes any of above execution errors, then lies back to straight lying position,

there are NO DEDUCTIONS for failure to finish on mat, but may have execution deductions for errors while gymnast is falling to her back (Post Handstand Phase)

Evaluation finishes when

gymnast arrives in straight lying position

Copper 2 Vault CHOICE of Copper 1 Flatback SV 9.0 OR Handspring from Stacked Mat (32”) to land on feet SV 10.00 See Vault chart deductions under Gold optional no salto chart Height up to 3 and distance up to .2

Start Value 9.0 or 10.0 Copper 1 & 2 Uneven

Bars

Start Value 10.0

Special Event Requirements @ .4 each

Low Bar Routine ONLY. ( Copper 1) Copper 2 May use HB if they choose to

1. Mount: Back Pullover - FROM TWO FEET

2. A 45 degree Cast below horizontal

3. A Circling Element

4. Dismount: Choice of: Underswing, Sole Circle or Cast Push Away ( LB only)

Restrictions - inappropriate for this level (.4 deduction) each from SV

A. Circling skills MUST NOT arrive in a handstand NOR pass through a handstand

B. Kipping Elements are NOT permitted.

C. High Bar Cannot Be Used and no elements performed on the HB will be evaluated

D. NO B Elements

Fall from Uneven Bars: .5 deduction, 45 seconds to remount and begin/continue routine otherwise routine will be considered terminated.

USAIGC Copper ONLY "I" (Introductory) ELEMENTS

a. Back Pullover, b. Back Kick-Over, c. 45 degree Cast below horizontal, d. Forward Stride Circle e. Backward Stride Circle, f. Single/Double Leg Shoot Through, g. Long Body Swing 1/2 turn, f. single leg-cut, g. Push-Away Dismount

**In an effort to foster good bar work, extra swings will NOT be deducted at the Copper level as long as there is NO BREAK IN RHYTHM, hesitation nor adjustment. However, if there is a hesitation, a stop or a break in rhythm while transitioning through skills then there will be a .1 deduction for the stop, along with a .3 deduction for the extra swing. This will reward and differentiate those gymnasts who achieve continuous flow and fluidity throughout their routines**

Copper 1 & 2 Balance Beam Start Value 10.0

Special Event Requirements @ .40 each

1. 3/4 handstand, may execute a full handstand without a deduction
2. Isolated Leap, minimum 60 degrees
3. A Dance series of two elements
4. Any "A" Dismount – NO SALTOS

Time: 45 second minimum, 1 minute 10 second maximum

A 3 second margin of error for a .1 deduction for under-time.

Any undertime greater than 3 seconds will receive the .5 undertime deduction

Over-time deduction: .1

Restrictions: (.4 deduction) each from SV

For Copper 1 No acrobatic elements through the vertical plane such as: Cartwheels, Walkovers nor Flight Elements are permitted on balance beam and CANNOT fulfill ANY requirement and SHOULD NOT BE PERFORMED EXCEPT AS A DISMOUNT. If any of these restrictive elements are performed all amplitude and execution errors will be deducted as well as a .4 content deduction

For Copper 2 Handstands and Cartwheels ARE permitted

Fall from Balance Beam: .5 deduction, 30 seconds to remount and continue routine otherwise it will be considered terminated.

USAIGC Copper ONLY "I" (Introductory) ELEMENTS

- a. Mount leap/jump to stand on 1 or 2 feet without hand support, b. Assemble', c. Chasse with step hop free leg below horizontal, d. 3/4 handstand, e. 1/2 swing turn, f. 1/2 releve turn, g. Squat 1/2 turn, g. 60 degree leap, h. Dismount: Tuck jump, straddle jump to land on two feet

USAIGC Special Balance Beam Judging Considerations

A. If a gymnast falls from the balance beam, remounts and falls off the balance beam again prior to the start of her routine (clock start), NO ADDITIONAL DEDUCTION will be taken

B. If the gymnast falls off the balance beam more than three times no additional deductions of .50 each will be taken for any falls exceeding three (1.5 deduction)

Copper 1 & 2 Floor Exercise Start Value 10.0

Special Event Requirements @ .40 each

1. One Acro series with two (2) or more elements

Examples: Cartwheels, Round-Offs, Walk-Overs, Valdez, Rolls (handstands will NOT count in this category)

2. Split Leap with minimum 90 degree split
3. Handstand Element – stretched position (minimum 1 second hold)
4. 180 or 360 degree turn on one (1) foot

Restrictions: (.4 deduction) each from SV

Copper 1 No Handsprings or saltos may be performed, they are inappropriate for this level and along with any/all execution and amplitude errors will be deducted

\*\*\* COPPER 2 MAY PERFORM FRONT HANDSPRINGS BUT ONLY ONE

BACKHANDSPRING\*\*\* Time: Minimum 45 seconds, Maximum 1 minute 10 sec.

A 3 second margin of error for a .1 under time deduction ONLY.

Any under-time greater than 3 seconds will receive .5 under time deduction.

Out of Bounds: .1 deduction each time (all elements must be "initiated" inside boundaries in order to receive VP credit)

5 spotting and no value part credit. Coach may be present on the floor exercise mat without a deduction.

USAIGC COPPER ONLY "I" (Introductory) ELEMENTS

a. 1/2 turn on 1 foot, b. 3/4 handstand, c. 90 degree leap, d. Scale (free leg below horizontal)

Bronze and DIAMOND Level: Competition Requirements & Evaluation

Age Divisions 6-8, 9-10, 11-12, 13-17, 18+ up to State Championships\* The USAIGC can sub-divide the age divisions based on the numbers of gymnasts at the National Championship. State Championship and local hosts can combine or sub-divide age divisions based on the number of gymnasts in each age division

Special Apparatus Requirements (if the minimum SR is not achieved no credit will be given)

Four (4) Event Requirements valued @ .4 each 1.6 point value

Difficulty / Value Parts 6 A's @ .1 each (No C Skills) .6 point value

Technical Performance 6.3 point value

Execution & Amplitude

Small, medium and large degree of error

Content 1.0 point value

Includes transitions of connections, level of combinations and choice of elements with an emphasis on the development of strong fundamental skills and correct body shapes. Development of solid basics is the foundation of this level along with good rhythm and sureness of movement. It's all about EXECUTION!

The 1.0 value will allow more differentiation throughout the routine.

Quality of Movement .5 point value

Artistic impression, stylization and overall presentation

Neutral Deductions

A 3 second margin of error for a .1 deduction for under-time ONLY.

Any under-time greater than 3 seconds will receive the .5 under time deduction.

Overtime .1

Out of Bounds: .1 deduction each time (all elements must be "initiated" inside boundaries in order to receive VP credit)

.5 spotting and no value part credit but Coach may be on Floor Exercise Mat without a deduction

.1 failure to present before and/or after the routine



Bronze Vault Start Value 10.0

Handspring OR ½ On Repulsion Off

Optional vault deductions are used. \*Vault deductions are under Gold Vault.

Vault Option: Gold, Bronze, Silver & Copper gymnasts have the option of taking one or two vaults with the highest score counting. If a void vault situation should occur the score entered is a 5.0 (USAIGC has adopted a 5.0 minimum score) providing the gymnast attempted the vault and did not touch and present.

DIAMOND Vault\* uses all Silver requirements EXCEPT 3.1 Yurchenko timer which is NOT permitted

Bronze and DIAMOND Uneven Bars Start Value 10.0

Special Event Requirements @ .40 each

1. Minimum One Bar Change
2. A Minimum Horizontal Cast
3. A Circling Element (minimum A value)
4. Dismount: Underswing, Sole Circle OR Tuck, Pike or Layout Flyaway (HB)

Restriction: (.4 deduction ) each from SV

Circling skills in the Bronze Level must not arrive in handstand nor pass through vertical (no giant, free hip nor stalder circles to handstand) and if performed will not receive credit for value part nor special requirement and all amplitude and execution errors will be deducted. Cast to handstand permitted. No C Elements allowed.

Fall from Uneven Bars: 45 seconds to remount and begin/continue routine otherwise routine will be considered terminated.

USAIGC Special Uneven Bars Judging Considerations:

Horizontal casts receive "A" VP credit twice when used in a different combination. There is no minimum cast requirement throughout the routine nor a specific deduction imposed under execution at the Bronze level. However, those gymnasts who achieve more swingful execution along with good rhythm throughout the routine should be differentiated from those who show minimal to poor amplitude throughout (content & quality of movement). Extra swings made after a back hip circle on the low bar when performed with continuous swing (no break, stop, hesitation) gymnast will be deducted .15 each time instead of .30

Bronze Balance Beam Start Value 10.0

Special Event Requirements @ .40 each

1. One (1) Acro non-flight element that passes through vertical, (front, back, or side), handstand forward roll with 1 second hold in vertical not in the mount or dismount
2. An Isolated Leap, minimum 90 degrees ( if less than 135 NO VP, YES SR)
3. A Dance Series of two (2) elements with one being a leap, hop or jump, minimum 90 degrees ( if less than 135 NO VP, YES SR) if split jump is used it can ONLY be "B"
4. Any "A" Dismount

Restrictions: No Flight Elements such as: dives, handsprings, aerials, or saltos are permitted on beam (dismounts excluded) and CANNOT fulfill ANY requirement AND SHOULD NOT BE PERFORMED. If any of these restrictive elements are performed all amplitude and execution errors will be deducted as well as a .4 deduction

DIAMOND Balance Beam

Isolated acro flight elements are permitted (dive elements, roundoffs, handsprings forward or back)

Time: Minimum 50 seconds, Maximum 1minute 30 seconds, A 3 second margin of error for a .1 deduction for under-time ONLY. Any under-time greater than 3 seconds will receive the .5 under time deduction. Fall from Balance Beam: 30 seconds to remount and continue routine otherwise it will be considered terminated.

USAIGC Special Balance Beam Judging Considerations

A. If a gymnast falls from the balance beam, remounts and falls off the balance beam again prior to the start of her routine (clock start), NO ADDITIONAL DEDUCTION will be taken

B. If the gymnast falls off the balance beam more than three times no additional deductions of .50 will be taken for any falls exceeding three (1.5 deduction)

Bronze Floor Exercise Start Value 10.0

Special Event Requirements @ .40 each

1. An Acro Series with a minimum of 2 fast flight elements (no saltos)
2. A Dance Series with a minimum of 2 elements including a leap with minimum 120 degree split
3. A Dance/Acro or Acro/Dance series – MIXED SERIES
4. A Full turn 360 degrees on one foot

Restrictions: (.4 content deduction.)

No Saltos or flips to a seat/knee are permitted on floor and CANNOT fulfill ANY requirement AND SHOULD NOT BE PERFORMED. They are inappropriate for this level and if performed all amplitude and execution errors will be deducted.

Time: Minimum 50 seconds, Maximum 1minute 30 seconds, A 3 second margin of error for a .1 deduction for undertime ONLY. Any undertime greater than 3 seconds will receive the .5 undertime deduction.

Out of Bounds: .1 deduction each time (all elements must be “initiated” inside boundaries in order to receive VP credit)

.5 spotting and no value part credit. Coach may be present on the floor exercise without a deduction.

Dance Series\*\* must also consist of a minimum of two directly connected elements BUT NEED NOT be different (may be the same or different).Gold Level Competition

DIAMOND Floor Exercise

Salto elements ARE permitted up to 2; no twists

## Silver Level Competition Requirements & Evaluation

Age Divisions: 7-9, 10-11, 12-13, 14-15, 16-18, 19+ up to State Championships. The USAIGC can sub-divide the age divisions based on the numbers of gymnasts at the National Championship. State Championship and local hosts can combine or sub-divide age divisions based on the number of gymnasts in each age division

### Special Level Apparatus Requirements

5 A's @ .1 each & 2 B's @ .3 each – \*NO C SKILLS

No skill of C value or higher will receive credit for value part nor special requirement and a .4 content deduction will be imposed in addition to all execution and amplitude errors incurred.

Four (4) Special Requirements valued @ .4 each

(If the minimum SR is not achieved no credit will be given) 1.6 point value

Difficulty / Value Parts (5 A's @ .1 each & 2 B's @ .3 each) 1.1 point value

Technical Performance \*NO C elements (see bars) 5.8 point value

Execution & Amplitude Small, medium and large degree of error.

Content 1.0 Point value

Includes transitions of connections, combinations and choice of elements with an emphasis on the development of strong fundamental skills and correct body shapes. Development of solid basics is the foundation of this level along with good rhythm and sureness of movement. It's all about EXECUTION!

The 1.0 value will allow more differentiation throughout the routine.

Quality of Movement .5 point value

Artistic impression, stylization and overall presentation

Neutral Deductions. A 3 second margin of error for a .1 deduction for undertime.

Any undertime greater than 3 seconds will receive the .5 undertime deduction.

Overtime: .1

Out of Bounds: .1 deduction each time (all elements must be "initiated" inside boundaries in order to receive VP credit)

.5 spotting and no value part credit

.1 failure to present before and/or after the routine.

.5 floor or beam under time

NO deduction after remounting if there is an immediate fall. The Beam routine (and running clock) begins when the gymnast resumes her routine again from before the fall.

Silver Vault Start Value 10.0

Collegiate Vault Chart Group 1 with NO vaults greater than 360 degrees in post flight and NO SALTOS. Also vault # 2.1 1/4-1/2 on repulsion off. \*\*\* AND # 3.1 RO, FF, HANDSPRING \*Vault deductions are under Gold Vault.

Vault Option: Bronze, Silver & Copper gymnasts have the option of taking one or two vaults with the highest score counting.

2 Vault Option: all gymnasts have the option of taking one or two vaults with the highest score counting.

If a void vault situation should occur the score will be entered as a 5.0 (USAIGC has adopted a 5.0 minimum score) unless the gymnast does not attempt to execute the vault and/or touches and salutes. This constitutes a zero.

Silver Uneven Bars Start Value 10.0

### Special Event Requirements

1. One (1) bar change
2. Cast minimum 30 degrees above horizontal
3. A Circling element
4. Dismount Salto (A or B) may twist

Restrictions: .4 deduction each from SV

Circling skills in the Silver Level of "C" Value are not permitted, ie. staldler circles to handstand as well as handstand ½ pirouette if performed will incur a .4 deduction.

**\*\*HOWEVER ALL CLEAR HIP CIRCLES THAT FINISH IN THE HANDSTAND WILL NOT BE PENALIZED. ( will count as a "B" VP if needed)**

Fall Time: 45 seconds to remount and continue routine otherwise it will be considered terminated.

### USAIGC Special Uneven Bars Judging Considerations:

Horizontal casts receive "A" VP credit twice when used in a different combination.

There is no minimum cast requirement throughout the routine nor a specific deduction imposed under execution at the Silver level. However, those gymnasts who achieve higher swing during execution along with good rhythm throughout the routine should be differentiated from those who show minimal to poor amplitude throughout (content & quality of movement.

Silver Balance Beam                      Start Value 10.0

### Special Event requirements

1. An Acro element with flight
2. Dance series of two elements with one being a leap, hop or jump showing a minimum 120 degree split
3. A Full turn 360 degree turn on one foot
4. A Salto / Aerial Dismount (A or B) NO C ELEMENT

Time: Minimum time 50 seconds, Maximum time 1 minute, 30 seconds A 3 second margin of error for a .1 deduction for undertime ONLY. Any undertime greater than 3 seconds will receive the .5 undertime deduction.

### USAIGC Special Balance Beam Judging Considerations

A. If a gymnast falls from the balance beam, remounts and falls off the balance beam again prior to the start of her routine (clock start), NO ADDITIONAL DEDUCTION will be taken

B. Fall from Balance Beam: 30 seconds to remount and continue routine otherwise it will be considered terminated.

Silver Floor Exercise                      Start Value 10.0

### Special Event Requirements

1. Three (3) element minimum Acro series with a salto – up to ½ TWISTS
2. Forward Acro Pass of 2 or more non-flight, or flight elements.
3. Dance Series OR Passage\* with a minimum of 2 elements including a leap with a minimum of 135 degree split
4. B turn on one foot

\*\*\*½ Twists are now permitted on floor. (B) elements

Time: Minimum Time 50 seconds, Maximum time 1minute 30 seconds

A 3 second margin of error for a .1 deduction for under-time ONLY. Any under-time greater than 3 seconds will receive the .5 under time deduction.

Out of Bounds: .1 deduction each time (all elements must be “initiated” inside boundaries

in order to receive VP credit)

.5 spotting and no value part credit. The Coach may be present on Floor Exercise mat without a deduction.

Dance Passage\* should consist of a minimum of two (2) different gymnastics elements from Group 1 (leaps, jumps, hops) directly or indirectly connected. Passages must be continuous without pauses, stops or lunge preparations and without Acro elements. They may include running steps, small leaps, hops, chasses or any continuous turn on one or two feet between the dance value parts (minimum two) from group 1. Elements landing in a prone position must be last in the passage. Dance Series\*\* must also consist of a minimum of two directly connected elements BUT NEED NOT be different (may be the same or different).

### Gold Level Competition

#### Requirements & Evaluation

Age Divisions: 8-10,11-12, 13-14, 15-18, 19+ up to State Championships.

The USAIGC can sub-divide the age divisions based on numbers at the National Championship. State Championship and local hosts can combine age divisions based on numbers.

Special Apparatus Requirements (If the minimum SR is not achieved no VP credit will be given)

Four (4) Special Requirements valued @ .4 each	1.6 point value
Difficulty / Value Parts 4 A's @ .1 ea., & 4 B's @ .3 ea. NO D's	1.6 point value
Bonus (extra C – after all other VP achieved)	.1 point value
Technical Performance	5.2 point value
Execution & Amplitude with small, medium and large degree of error	

Content	1.0 point value
---------	-----------------

\*SEE PAGE for Content Deductions

Includes transitions of connections, combinations and choice of elements with an emphasis on the development of strong fundamental skills and correct body shapes. Development of solid basics is the foundation of this level along with good rhythm and sureness of movement. It's all about EXECUTION!

The 1.0 value will allow more differentiation throughout the routine.

Quality of Movement .5 point value  
 Artistic impression, stylization and overall presentation  
 Neutral Deductions: 1 overtime  
 Out of Bounds: .1 deduction each time (all elements must be “initiated” inside boundaries in order to receive VP credit)  
 .5 spotting and no value part credit  
 .1 failure to present before and/or after the routine.  
 .5 floor or beam undertime  
 NO deduction after remounting if there is an immediate fall. The Beam routine (and running clock) begins when the gymnast resumes her routine again from before the fall  
 ..5 Coach present ON the Floor-Exercise Mat.

Gold Apparatus Requirements

Four (4) “A’s” @.1 each, Four (4) “B’s” @ .3 each  
 “C’s” receive “B” value, IF less than four (4) “B’s” are performed – NO D SKILLS  
 Bonus: .1 maximum awarded for a “C” performed only after the value parts of 4 A’s and 4 B’s are fulfilled. Restrictions No skill of “D” value or higher will receive credit for value part nor special requirement and a .4 deduction each from SV will be imposed in addition to all execution and amplitude errors incurred.

Gold Vault Collegiate Vault Chart All Groups up to 9.90 or less  
 Any Vault selected will receive the START VALUE as written in the NCAA Collegiate Chart in this Code.  
 See Optional Vaulting Deduction Chart below for Bronze through Gold Levels  
 2 Vault Option. All gymnasts have the option of taking one or two vaults with the highest score counting.  
 If a void vault situation should occur the score will be entered as a 5.0 since the USAIGC has adopted a 5.0 minimum score for the record providing the gymnasts attempted the Vault and did not just touch and salute which is considered a scratch.

SPECIFIC VAULT APPARATUS DEDUCTIONS For C2, (handspring from a 54” stacked mat to the feet), Bronze, Diamond, Silver, Gold

1. First Flight Phase

- |  |           |
|--|-----------|
| a. Incorrect foot form (flexed, sickled) | Up to .10 |
| b. Incorrect leg form                    |           |
| -legs crossed                            | Up to .10 |
| -legs separated                          | Up to .20 |
| -knees bent                              | Up to .30 |
| c. Poor Technique                        |           |
| -hip angle                               | Up to .20 |
| -arched body                             | Up to .20 |
| d. Incomplete LA turn                    | Up to .2  |

## 2. Support/Repulsion Phase

### a. Poor technique

-staggered/alternate hand placement on all vaults, except group 3 vaults & Gr. 5 vaults with  $\frac{3}{4}$  -1/1 on – salto off Up to .10

- shoulder angle Up to .20

- arched body Up to .20

- alternate repulsion from hands on all vaults, except

Gr. 3 vaults & Gr. 5 vaults with  $\frac{3}{4}$  on-1/1 on-salto off Up to .20

-legs bent (in support) or early tuck (salto) Up to .30

b. prescribed LA turn begun to early Up to .30

c. additional hand placements (taking steps/hops on hands) Up to .30

d. bent arms (bent 90 or more=max. ded.) Up to .50

slight arm bend of the lead arm is allowed on all group 3 vaults

e. too long in support (non salto) Up to .50 \* C2 up to .3

f. angle of repulsion (non salto) Up to 1.00

if the gymnast leaves the vault table

- by vertical no deduction

- from 1-45 degrees deduct .05-.50

- from 46 degree to horizontal deduct .55- 1.00

g. Touch with only one hand on the vault table 1.00

chief judge deduction if  $\frac{1}{2}$  of panel sees only one hand touch

h. head contacting table during support phase 2.00

includes 0.50 deduction for extreme arm bend

i. no hand contact on the vault table VOID

## 3. Second Flight Phase

a. incorrect foot form (flexed or sickled) Up to .10

b. insufficient exactness of LA turn Up to .10

c. under-rotation of salto vaults Up to .10

d. incorrect leg form

- legs crossed Up to .10

- legs separated Up to .20

- knees bent Up to .30

e. brush or hit of body/head on vault table during post flight Up to .20

f. insufficient length Up to .30 \* C2 up to .2

when evaluating length, consider size of the athlete, type of vault where the hands contact the table and where the feet land and overall trajectory (amplitude) of the 2<sup>nd</sup> flight phase, not just the distance from where the gymnast lands in relation to the end of the vault table.

g. failure to maintain stretched body (pike down of stretched vaults to facilitate landing) Up to .30

h. insufficient exactness of body position

-insufficient tuck or pike Up to .30

tuck=min. 90 degree bend in hip and knees (except in twists in tuck position-allow for more open “puck” position) pike=min. 90 degree bend in hips. 91-135 degree insufficient pike

-insufficient stretched position (idea=180 degrees, but greater than 135 degree is considered stretched position)

- arch	Up to .30
-hip angle of 136 – 170 degrees = insufficient stretched position	Up to .30
i. late completion of the twist	Up to .30
(Group 1 vaults and group 4&5 vaults without saltos)	
J. -insufficient extension (open) of body before landing	
-insufficient and/or late extension (tuck and pike vaults)	Up to .25
-total absence of extension (tuck and pike vaults)	<u>.30</u>
K. insufficient height	Up to .50
l. prescribed LA turn begun too late	Up to .50
4. Landing	
a. slight hop or small adjustments of feet	Up to .10
b. extra arm swings	Up to .10
c. extra steps (per step with maximum of 4)	each <u>.10</u>
d. incorrect body posture on landing	Up to .20
e. additional trunk movements to maintain balance	Up to .20
f. large step or jump (approximately 3 feet or more)	<u>.20</u>
g. squat on landing (hips even with or lower than the knees)	Up to .30
h. slight brush/touch of 1 or both hands on mat (no support)	Up to .30
i. prescribed LA turn incomplete	Up to .30
- 1 – 30 degrees missing	Up to .10
-31 – 60 degrees missing	.15-.20
-61 – 89 degrees missing	.25-.30
-90 degrees or more missing	award lower vault value
j. deviation from a straight direction (determined by initial contact with mat)	Up to .30
k. insufficient dynamics	Up to .30
l. support on mat with 1 or 2 hands	<u>.50</u>
m. fall on mat to knee(s) or hips	<u>.50</u>
n. fall against apparatus	<u>.50</u>
o. landing in a sitting, lying or standing position on top of the vault table	VOID
5. Other Deductions	
a. coach standing between board and vault table	<u>.50</u>
exception: this deduction is NOT taken if the gymnast performs a round-off entry vaults	
b. spotting assistance upon landing	<u>.50</u>
c. vaults without signal from chief judge	<u>.50</u>
cj deducts 0.50 from average of next vault	
d. failure to land on any part of the bottom of the feet first	VOID
vault is scored if gymnast falls, landing on hands and bottoms of feet simultaneously	
e. spotting assistance during the vault	VOID
f. run approach without execution of the vault with touch on the springboard or vault table (not a touch/scratch)	5.0
h. failure to use the safety zone mat for round off entry vaults	VOID i.
i. gymnasts performs a restricted vault on their level (Bronze-Gold)	VOID
Gold Uneven Bars	Start Value 9.9



### Special Event Requirements

1. Minimum one (1) bar change
2. Circling element finishing 60 degrees above horizontal
3. A "B" element with flight or turn
4. Dismount Salto (A, B, or C) NO D SKILLS

Fall Time: 45 seconds to remount and continue routine otherwise it will be considered terminated.

Horizontal casts will receive "A" VP credit twice when used in a different combination. There WILL BE a minimum 45 degrees above the horizontal cast requirement throughout the routine otherwise an up to .3 deduction will be incurred each time.. (below horizontal -.3, at horizontal -.2, above the horizontal 0-.15 deduction. The expectation for Gold Level Gymnasts is that all casts are at a minimum of 45 degrees above the horizontal. Those gymnasts who achieve more swing-full execution along with good rhythm throughout the routine should be differentiated from those who show minimal to poor amplitude throughout (content & quality of movement).

Gold Balance Beam          Start Value 9.9

### Special Event Requirements

1. An Acro series of two (2) elements on beam one (1) with flight
2. Minimum 360 degree turn on one foot
3. Dance Series of Two or more elements, one of which is a leap/jump with a minimum of 135 degree split
4. A minimum "B" or "B" element in a series prior to an "A" dismount

Time: Minimum Time 50 seconds, Maximum time 1minute 30 seconds A 3 second margin of error for a .1 deduction for undertime ONLY. Any undertime greater than 3 seconds will receive the .5 undertime deduction.

Fall from Balance Beam: 30 seconds to remount and continue routine otherwise it will be considered terminated.

### USAIGC Special Balance Beam Judging Considerations

A. If a gymnast falls from the balance beam, remounts and falls off the balance beam again prior to the start of her routine (clock start), NO ADDITIONAL DEDUCTION will be taken

B. If the gymnast falls off the balance beam more than three times no additional deductions of .50 will be taken for any falls exceeding three (1.5 deduction)

Gold Floor Exercise Start Value 9.9

Special Event Requirements

1. Double Salto Series with a minimum of 2 elements (same or different)
2. Acro series of three (3) or more flight elements with one salto
3. Dance Series or Passage\* with a minimum of two (2) elements including a leap with a minimum of 150 degree split
4. A minimum of a "B" turn on one foot

\*A Dance Passage should consist of a minimum of two (2) different gymnastics elements from Group I (leaps, jumps, hops) directly or indirectly connected. Passages must be continuous without pauses, stops or lunge preparations and without Acro elements. They may include running steps, small leaps, hops, chasses or any continuous turn on one or two feet between the dance value parts (minimum two) from group I. Elements landing in a prone position must be last in the passage. A Dance Series must also consist of a minimum of 2 directly connected gymnastic elements (without steps or interruption) BUT NEED NOT be different (may be the same or different.)

.5 deduction for Coach on the Floor Exercise Mat

Platinum Division

Age Divisions: 9-11, 12-14, 15-18, 19+ up to State Championships with the understanding that the USAIGC can sub-divide the age divisions based on numbers at the National Championship. State Championship and local hosts can combine and sub-divide age divisions based on number.

Difficulty Requirements: 3 A's, 4 B's, 1C

Start Value: 9.70 maximum of .30 bonus to be achieved through connection value or extra "D" /"E" receiving .1 bonus credit up to .3.

Only One E may be performed for .1 extra. Any other "E" performed will incur: .5 penalty

Platinum Vault NCAA Collegiate Rules see Vault Chart in Premier Vault

1. JO Bonus Rule WILL NOT BE IN EFFECT for select 10.0 start value vaults
2. Vault Numbers will not be flashed (USAIGC)
3. Gymnasts will perform one vault, the score of which will count. A gymnast is allowed three attempts to complete one vault. \*If a gymnast touches and/or vault apparatus or inverts on the approach or vault table without going over the vault apparatus, then this counts as one of her three attempts. It is not considered a vault. If a gymnast inverts on the approach and/or the table and goes over the vault apparatus, then this would be considered an executed vault and must be scores.
4. 1.00 deduction for touching the vault table with only one (if half the panel sees this) or with no hands taken by each judge.
5. 1.00 deduction for failure to land on the soles of feet first (include fall) taken by each judge.
6. 1.00 deduction for spotting assistance during the vault by each judge.
7. If a gymnast vaults prior to the judges hand or flag signal, the gymnast must repeat the vault for score and would receive a .50 deduction on the next vault performed

All Platinum/Premier Value parts (C/D/E) different from Level 10 are noted in this code for All other D/E value parts refer to USAG code of points. (Elements on our website during season).

#### Platinum Uneven Bars Requirements

1. Two (2) bar changes
2. One flight element must be a minimum "B"
3. One LA turn-excluding mount or dismount
4. Minimum "B" dismount

There will be a minimum cast of 45 degrees above the horizontal throughout the routine otherwise there will be a .3 deduction for failing to achieve the requirement

#### \*Connection Rules:

Additive Value = .30 allowed for Connections or Extra D's:

- 1 of both elements w/o turn or flight. If both elements are w/o turn or flight, they must be DIFFERENT Elements

-Different elements or 1 w/turn or flight      C+C=+.1

-Both elements w/turn or fight                      C+C=.2

same apply for connections with 3 or more elements

or extra "D's" receiving .1 each (bonus) up to .3 Only 1 "E" may be performed (for .1 as a "D" VP)

#### Platinum Balance Beam Requirements

1. Acrobatic series with a minimum of two (2) flight elements (both must start and finish on beam)
2. Mixed or Dance Series of two (2) or more elements with a leap/jump/hop of 180 degree split
3. Minimum of 360 degree turn from Group 3 JO Elements
4. Minimum of "B" dismount

#### Platinum Floor Exercise Requirements

1. Acro series with two (2) saltos, same or different OR two (2) directly connected saltos
2. Three (3) different saltos in exercise
3. Dance passage with a minimum of two (2) different Group 1 elements, directly or indirectly connected one of which is a leap (one foot take off requiring a 180 degree cross or split position).
4. Minimum of "B" salto as last salto or in last connection of saltos

Premier Division: Age Divisions: 9-11, 12-14, 15-18, 19+ up to State Championships with the understanding that the USAIGC can sub-divide the age divisions based on numbers at the National Championship. State Championship and local hosts can combine or sub-divide age divisions based on numbers.

Vault Platinum & Premier – NCAA Collegiate Rules In Play

1. JO Bonus Rule NOT IN EFFECT for select 10.0 start value vaults
2. Vault Numbers will not be flashed (USAIGC)
3. Gymnasts will perform one vault, the score of which will count. A gymnast is allowed three attempts to complete one vault.\*If a gymnast touches and/or vault apparatus or inverts on the approach or vault table without going over the vault apparatus, then this counts as one of her three attempts. It is not considered a vault. If a gymnast inverts on the approach and/or the table and goes over the vault apparatus, then this would be considered an executed vault and must be scores.
4. 1.00 deduction for touching the vault table with only one or with no hands taken by each judge.
5. 1.00 deduction for failure to land on the soles of feet first (include fall) taken by each judge.
6. 1.00 deduction for spotting assistance during the vault by each judge.
7. If a gymnast vaults prior to the judges' hand or flag signal, the gymnast must repeat the vault for score and would receive a .50 deduction on the next vault performed

Premier Uneven Bars

1. Minimum of two (2) bar changes
2. 2 flight elements, minimum of two (2) different C's OR a D and B
3. One element with longitudinal axis (LA) turn, minimum of "C" (not to include dismount)
4. "C" dismount with following modifications: "C" dismount immediately preceded by same two A and B elements .10 deduction (not .20)

Uneven Bar Specific Deductions

- a. Lack of choice of elements and/or connections .....up to .20  
Consider - 1. Overuse of one group of elements  
2. Overuse of specific element variation of that element  
3. Overuse of same element for connections  
4. Elements of highest value connected primarily to elements of lowest value
- b. Insufficient distribution of the elements .....flat .05  
Consider

- 1. Level of difficulty not maintained throughout the exercise
- 2. Most difficult elements placed in the same section of the exercise
- c. More than one squat/stoop on LB with/without sole circle to grasp high bar  
....each .10

Reminder: After a fall, judging resumes once the gymnast performs an element; therefore, if she resumes with a glide kip, squat on, and has already performed a squat/stoop on, the deduction will be applied.

d. Uncharacteristic elements

Examples:

- 1. Squat on LB and 1/2 turn on feet to grasp high bar
- 2. Swing forward on HB, place feet on LB to stand with or without 1/2 turn unless followed by a circling move.
- e. 3/4 giant circle forward with or without grip change.....each .10  
This is not considered an element and will break a connection
- f. Choice of elements not up to the competitive level .....flat .10

1. Choice of elements "up to the competitive level" will now be defined by the following basic standards:

- A single bar release with a minimum of "D" value
- OR a release move valued as an "E"
- OR minimum of two "D" releases
- OR minimum two "E" level skills

2. Exercise must have minimum of a "D" dismount or "C" dismount in bonus combination

Element Values Different From Level 10\* all other VP's as listed in usag code

Number	Technique Clarification	Value
2.303	Uprise backward to handstand on HB with 1/2 turn	D
	1 ½ pirouette (turn in handstand, not a Healy)	E
	All elements that include a 1/1 (360 degree) turn completed on one arm after handstand phase in the descent phase (Healy technique)	
2.301	Cast Healy	D
2.303	Uprise Healy	D
3.305	Clear Hip Healy	D
4.303	Back Giant Healy	D
5.302	Front Giant Healy	D
7.308	Front Sole Healy	D
7.309	Back Sole Circle Healy	D
	VALUE of the STALDER	
	-Stalder (forward or backward), straddled or in-bar, to handstand with or without a ½ turn	D
	- Stalder (forward or backward), straddled or in-bar, to handstand with a 1/1 turn	E

Premier Balance Beam

BEAM SPECIAL REQUIREMENTS (.2 each taken off of the Start Value)

a. Acro series: Minimum of two (2) flight elements, one element must be a minimum of C with or without hand support (both elements must start and finish on the beam).

Acro series requirement may not be connected to the dismount and must stop on the beam.

b. Dance series with a minimum of two (2) elements, one element C or higher.

c. A leap or jump requiring 180 degree split. (This may be part of the dance series.)

d. Minimum of 360 degree turn from Group 3. No hand support permitted.

e. Minimum of C dismount, or B dismount preceded by and directly connected to any D element (Acro or dance).

## BEAM SPECIFIC COMPOSITIONAL DEDUCTIONS

### a. Lack of variety in choice of elements

1. Missing a backward Acro element with a minimum of A value. ....flat .10

Missing a forward/sideward Acro element with a minimum of A value. .... flat .10

Following five (5) notes apply to both backward and forward/sideward Acro requirements. - Must be from Groups: 1-Mounts, 6-Rolls, 7-Walkovers/Cartwheels, or 8- Saltos.

- Round-off is considered a sideward element.

- BHS 1/4 or 3/4 to handstand is considered a backward element

- A jump backward (BHS) with 1/2 twist to walkover forward (Arabian walkover or salto) is considered a forward element.

- A tic-toc can be considered either a forward or backward element, to the advantage of the gymnast

### 2. Lack of variety in dance elements

- Gymnasts are required to show at least two (2) different shapes in leaps and/or jumps with shape being defined as the body position reached at the peak of the skill  
.flat .10

-Clarification: Entry technique (scissors, 1-foot takeoff, 2-foot takeoff, etc.) does not change the shape of the skill.

-These are different shapes: Pike, Cat, Tuck, Sheep, Wolf, Straddle (side split or piked), Ring(requires head release)

Straight/beat Split (forward, includes, stag, and double stag)

-More than one leap/jump/hop element to prone. ....each.1

Insufficient distribution of the elements.....flat.05

Consider:

- Level of difficulty not maintained throughout the exercise.-

- Most difficult elements placed in the same section of the exercise.

Insufficient use of entire beam apparatus

1. Insufficient level changes throughout the exercise.....flat .05

Consider:

-Level changes by the performance of elements and/or connections [look for movements that are high off the beam, standing, semi-low, and low (kneel, squat, sit, lying)].

- No longer required to touch the beam with a part of the torso and/or head.

2. Spatially (use the entire length of the beam) .....flat .05

3. Directionally(movement/choreography forward, backward and sideward) flat .05

d. Choice of elements not up to the competitive level.....flat .10

Choice of elements “up to the competitive level” will now be defined by the following basic standards:

-If a flight series is performed on the beam without Connective Value (consider only those skills performed on the beam) then an additional D Acro element, OR E dance element, including mounts and dismounts is required

Examples: BHS, LO, LO Full dismount (B-D-B) does not meet up to the level unless an additional D element is performed

BHS, BHS, LO, LO, full dismount (B-B-D-B) meet up to the level and no additional D element is require

4.3 ELEMENT VALUES DIFFERENT FROM LEVEL 10 all other VP's as listed in USAG code			
Number	Group	Technique Clarification	Value
2.202	Leaps, Jumps, Hops	Straddle pike or straddle split jump performed with a ¼ turn	C
2.307	Leaps, Jumps, Hops	Ring or Stag-Ring Leap or Jump (rear leg at head height)	D
7.412	Walkovers, Cartwheels, etc.	Full twisting BHS swing down	E
8.301	Salto	Salto Forward take off from one leg to a sit	D
8.304	Salto	Salto Backward stretched with step-out	D
	Salto	Salto backward stretched through vertical and then pike down, with legs together	D
9.202	Dismount	From a stand on one leg-swing free leg backward to front salto STRETCHED with 1/1 twist off side or end of beam	C B (tucked)
9.304	Dismount	Salto Forward tucked or stretched with 1/1 twist (off 2 feet)	D
9.308	Dismount	Gainer salto stretched with 1 1/2 twist to side beam	D
9.309	Dismount	Gainer salto tucked with 1/1 twist off end of beam	D
9.404	Dismount	Salto forward stretched with 2/1 twist (off two feet)	E
9.406	Dismount	Salto backward stretched with 2 1/5 twist	E
9.408	Dismount	Gainer salto backward stretched with 2/1 or 2 1/2 twist to side of beam	E

#### CONNECTION VALUE EXCEPTIONS.

a. Principles for awarding connection value bonus on beam:

Bonus principles will not apply in the case of a B dismount. (In order for a dismount to add connection value to an acro series, the dismount must be a C value).

b. NO BONUS: 2 Acro Flight Element connection B+C Salto WILL NOT receive Connection Bonus

c. B+D Acro Flight, BHS+layout, stretched then pike down with feet together=+0.1CV(not +0.2CV).

d. Back Salto Stretched with Step-Out receives "D" bonus but will be considered as "C" value for purposes of awarding connection value in Back Handspring Series only(Step-out BHS, BHS to 2 feet, or gainer BHS, in any order)

Examples:

BHS+ Layout Step-Out, B+D, receives .10 D Bonus & No Connection Value Bonus (B+C)

BHS+BHS+Layout, B+B+D, receives .10 Bonus & .1.0 CV (B+B+C)

Split Jump + Layout Stepout, B+D, receives .1.0D & .20 CV (B+D, not a BHS series)

Round-Off+Layout Stepout, B+D, receives .1.0 D & .20 CV (B+D, not a BHS Series)

e. a connection of at least 3 Acro flight elements (excluding dismount connections) that includes a minimum of one C element will receive an additional +.1 bonus

Examples: 1. FF+FF layout, B+B+D=+.1 CV, + .1D, +.1 additional



2. RO FF Mount+FF+layout, C+B+D=+.2 CV, +.1 D, +.1 additional

Premier Floor Exercise

SPECIAL REQUIREMENTS (.20 each taken off Start Value)

- a. One Acro series with two (2) saltos (same or different), OR two (2) directly connected saltos. If the two (2) saltos are not directly connected, they must be included in an acrobatic series, which is defined as a minimum of three acrobatic flight elements, with or without hand support. Aerials are NOT considered saltos.
- b. Three (3) different saltos within the exercise
- c. The salto performed as the last isolated salto or within the last salto connection must be minimum "C".
- d. Dance passage with a minimum of two (2) different Group 1 elements directly or indirectly connected, one of which is a leap (one foot take off requiring a 180 degree cross or side split position. An indirect connection would allow for running steps, small leaps, hops, chasses, assembles, or any kind of turn on 1 or 2 feet between the two dance Value Part elements

FLOOR SPECIFIC COMPOSITIONAL DEDUCTIONS.

Lack of variety in choice of elements

1. Lack of variety in dance elements

-Lack of Dance Bonus from Groups 1 or 2 (minimum of .10 Connection Value or .10 D/E Bonus is required}.....flat.10

-Gymnasts are required to show at least two (2) different shapes in leaps and/or jumps with shape being defined as the body position reached at the peak of the skill..... flat.10

Clarification: Entry technique (scissors, 1-foot takeoff, 2-foot takeoff, etc.) does not change the shape of the skill.

These are different shapes:

Cat, Sheep, Wolf, Straddle/Beat, Pike, Tuck, Straddle (side split or pike), Ring (requires head release) Split (forward includes stag, and double stag)

- More than one (1) leap/jump/hop to prone position.....each .10

2. Lack of variety in choice of Acro elements

-Missing a backward salto with a minimum of A value .....flat.10

- Missing a forward / sideward salto with a minimum of A ..... flat.10

b. Insufficient distribution of the elements.....flat .05

Consider:

1. Level of difficulty not maintained throughout the exercise

2. Most difficult elements placed in the same section of the exercise

Insufficient use of the floor area

1. Spatially (floor pattern) ..... flat .05

2. Directionally (movement/choreography forward, backward and sideward) flat .05

D. Choice of elements

1.Elements not up to the competitive level .....flat .10

Choice of elements "up to the competitive level" will now be defined by the following basic

Standards (flat .10 deduction if missing any or all):

- One E element (Acro or dance)
- OR Two different D elements (one of which must be an Acro element)
- One Acro series with a C salto or better
- An Acro dismount with a C (minimum) salto in bonus connection OR a D (minimum) salto

CLARIFICATION: Acro dismount is defined as an Acro skill or an Acro combination

## 2. Prone Landings

- More than one (1) Acro element or more than one (1) Dance element to prone landing . each .1

(Maximum of two (2) prone landings will be allowed. One from dance and one from Acro elements).

- 1 1/4 saltos to prone landing retain the same value as the root element.

3. A floor routine with only two tumbling passes must include a minimum D element in one of the passes, and a minimum D or .2 CV in the other pass (maybe in any order) flat.10

Element Values Different From Level 10 #6.201 Front Salto Pike = A

## Connection Bonus

a. Turn + Jump – a turn on one foot followed by a jump with a two-foot take-off WILL be eligible for CV Bonus (if directly connected with no stop, extra steps, hop or Repositioning of the foot).

Example: 2/1 turn + Popa, C=C + 0.1 CV

b. +0.1 Connection Value Bonus will be awarded to a MIXED SERIES including an Acro/Dance/Acro direct connection on floor that meets the following criteria:

- Series must include at least 2 Acro elements and one must be of a C value part
- The Dance element must be at least an A value and must be followed by a salto Element of at least an A.

- The dance element breaks the series for all other purposes.

c. Bonus combination B+B must be two different Acro skills to receive +.1

example: front layout + front layout = no connection bonus

example: front layout + front layout 1/2 = +.1 connection bonus

MUSIC- Vocals will be permitted – per USAIGC/IAIGC Levels Copper-Gold.

Not Platinum & Premier

THE VALUE PARTS IN THE CHARTS below ARE FOR USAIGC COPPER THROUGH GOLD.  
 USAIGC "I" Elements are listed under Copper. VP credit given twice if connection is  
 DIFFERENT!!

USAIGC UNEVEN BAR ELEMENT VALUES*		
GROUP	MOUNTS	VALU
1		E
1.100	Facing HB-Jump with ½ or 1/1 turn to hang on HB	A
1.101	Squat or Straddle jump w/hand repulsion over LB to hang on HB	A
1.102	Glide kip on low bar mount (and kips in routine), ALSO with ½ twist	A
1.103	Reverse kip	A
1.104	Jump with ½ (180) turn, kip to support	A
1.105	Glide on LB or swing forward on HB, stoop through, back-kip-up – to brief rear support (touching LB with back of thighs), also grip change to hang on HB-with or without ½ turn (180)	A
1.200	kip ½ turn catch HB / stoop through to rear support (back kip up) straddle cuts to same bar jump ½ turn kip up to HB (from outside of HB) jump with 1/1 turn kip on LB	B
1.201	Free tuck, straddle or stretch body over LB with hand support to hang on HB; also with ½ turn	B
1.203	Hecht jump (legs together) with hand repulsion over LB to hang on HB	B
1.204	Round-off in front of LB, flight backward momentary clear straddle support on LB	B
1.205	jump to handstand on LB with hips bent, then extended	B
1.206	Jump to hang on HB-under swing with ½ turn and flight over LB to glide	B
1.300	Glide kip on LB with 1/1 turn and grip change to hang on HB	C
1.301	Glide on LB, stoop through, back kip-up with straddle cut backward to hang on HB	C
1.302	Jump with ½ turn over LB-kip to support on HB	C
1.303	Salto forward tuck, pike, straddled over LB to brief sit on LB	C
1.304	Round-off in front of LB-flight backward over LB with legs together or straddled to hang on HB	C
1.305	Jump to handstand on LB with hips bent, then extended with ½ turn in handstand	C
1.306	Jump with extended body to handstand on LB	C
1.307	Jump to brief clear support on HB (with reverse, mixed or regular grip)-clear hip circle to handstand on HB	C
1.308	Jump with ½ (180) turn OR a 1/1 turn (360), glide kip on LB with 1/1(360) turn and grip change to hang on HB	C
1.309	From side stand facing HB salto forward to brief hang on HB	C
1.310	Run forward with free straddle over LB with ½ (180) turn to catch HB in "L" grip (1/2 turn must be free)	C
Group 2	CASTS & COUNTERSWINGS	
2.100	Cast to squat, stoop or straddle on LB, jump to grasp HB	A
2.101	Cast from horizontal to 45 degrees from vertical, legs straddled (hips bent) or together with ½ (180 degrees) turn (cast & turn occurs on same side of bar)	A

2.200	Cast to Handstand – (hips bent or extended) within 20 degrees of vertical	B
2.201	Front support on LB-free squat stoop or straddle over LB to hang-on HB; also with ½ turn	B
2.202	Front support on HB-stoop or straddle with flight over HB and ½ turn to hang on HB	B
2.203	Hang on HB uprise backward to clear support on HB	B
2.204	Swing down from HB with ½ turn and uprise backward to clear support on HB, (turning uprise)	B
2.205	Hang on HB-swing backward with release and 1/1 turn to hang on HB	B
2.206	From HB counter swing backward in straddle or pike with flight over LB to hang on LB	B
2.300	Cast to handstand with hop to reverse grip in handstand	C
2.301	Cast to handstand with ½ turn in handstand, also to “L” or mixed grip (Higgins Technique)	C
2.302	Cast to handstand with 1/1 turn on one arm after handstand (Healy technique) to “L” or mixed “L” grip; also from cast with hop to reverse grip	C
2.303	Hang on HB uprise backward with straddle flight or rear vault over HB to “L” hang	C
2.304	Hang on HB uprise backward to handstand on HB; also with 1/1 turn after handstand (Healy technique-to “L” or mixed “L” grip)	C
2.305	From support on HB-swing backward with release and 1/1 turn to hang on HB	C
2.306	Hang on HB counter swing backward in straddle or pike with flight to handstand on LB; also with ½ turn in handstand	C
2.307	Hang on HB counter swing backward in straddle or pike with ½ turn flight in flight to arrive in a clear support	C
GROUP 3	UNDERSWINGS & CLEAR HIPS	
3.100	Underswing (clear or toe-on) with ½ turn at or above HB ht. to hang	A
3.101	Underswing backward (inverted pike swing) dislocate to hang on HB	A
3.300B	Underswing on LB with grip change to hang on HB; also with ½ turn to hang	C
3.201	Facing outward underswing with ½ turn to clear support on same bar	B
3.202	Under swing (toe-on) w/ ½ turn and flight over LB to hang on LB	B
3.203	From near handstand clear hip circle forward to clear support (weiler-Kip)	B
3.204	Clear hip circle to clear support	B
3.300	Clear underswing on LB release and counter movement forward in flight to hang on HB, also with ½ turn	C
3.301	Underswing with 1½ turn to hang	C
3.302	From handstand on HB, under swing (toe-on) with ½ turn and flight over the LB to hang on LB	C
3.303	Clear hip circle to handstand	C
3.304	Clear hip circle to handstand with ½ turn in handstand phase also to “L” grip (Higgins technique)	C
3.305A	Clear hip circle handstand with 1/1 turn (360 degrees) on one arm after handstand (Healy technique) to L or mixed L grip	C
3.306A	Under swing backward (inverted pike swing) on HB – dislocate (Scheudem) to near handstand with hop-change to regular grip on HB	C
	Hang on HB, back to LB stoop through, underswing backward (inverted	C

3.306B	pike swing) dislocate (Schleudem) with flight over LB to hang, also from rear support on HB	
3.306C	Hang on HB, facing LB swing forward and stoop through, dislocate and under wing with ½ (180) turn with flight over LB ton hang on LB (Tai)	C
GROUP 4	GIANT SWINGS BACKWARD	
4.100	(Handstand on HB) swing down between bars, swing forward with ½ (180 degrees) turn above HB height, 45 degrees deviation from vertical	A
4.101	Jump from LB to HB OR from a front support on HB cast to long hang pullover to front support	A
4.102	On LB backward giant to handstand (either side) (with legs tucked at bottom of circle)	A
4.200	(Handstand on HB) Swing down between bars, swing forward with 1/1 turn to "L" hang at height of HB at horizontal	B
4.201	On LB-Backward giant circle to handstand with ½ turn (legs tucked at bottom)	B
4.202	From hang on HB- long swing forward with a ½ turn and flight over LB to hang on LB	B
4.203	Handstand on HB-giant circle backward to handstand, in regular or cross grip (Dussier) or with bending of hip joints in upper vertical, also on one are (Liu)	B
4.204	On HB giant circle backward to handstand;	B
4.300	On HB giant circle backward to handstand with ½ turn; or ½- 1 ½ turn in different directions	C
4.301	(Handstand on HB) swing down between bars, swing forward with 1 ½ turn to be completed above height of HB	C
4.302	(Handstand HB) giant circle backward to handstand with hop-change grip in handstand phase, also with hop ½ turn	C
4.303	(Handstand on HB) giant circle backward to handstand with hop ½ turn to reverse grip; also ½ turn to "L" or mixed grip (Higgins technique)	C
4.304	(Handstand on HB) long swing forward with ½ turn (bail) and flight over LB to hang on LB	C
4.305	On LB facing HB, backward giant circle with release and ½ turn in tuck with flight to catch HB, finishing in a hang on HB, facing LB	C
4.306	Hang on HB, facing LB swing forward and salto roll backward (legs tucked or straddle) to hang or clear straddle support on LB	C
4.307	Hang on HB, facing LB-swing forward, salto backward tucked with ½ (180 degrees) turn between the bars to catch LB in mixed grip (Cullinan)	C
GROUP 5	GIANTS SWINGS – CIRCLES FORWARD	
5.200	(Handstand on the HB) swing down forward between bars, swing backward and 1/1 turn at height of HB	B
5.201	From Handstand on LB-giant circle forward in reverse grip-legs may tuck at bottom of circle	B
5.300	(Handstand on HB) giant circle swing forward in reverse grip to handstand (legs straddled or hips bent) also with ½ turn in handstand phase	C
5.300A	Also with 1/1 turn (360 degrees) turn on one arm after handstand (Healy technique) to L or mixed-L grip	C
	From handstand on LB Giant circle swing forward in reverse grip to	C

5.301	handstand with 1/1 (360 degrees) turn in handstand phase legs tucked at bottom of circle	
5.302	On LB-giant circle forward in reverse grip to handstand with 1/1 turn in handstand phase legs may tuck at bottom of circle	C
5.303	(Handstand on HB)-swing down forward (back facing LB) in regular or reverse grip straddle flight backward over LB to hang on LB	C
5.304	(Handstand on HB)-swing down between bars with grip change to cross grip and ½ turn through hang position to swing upward to handstand on HB; also with ½ turn in handstand phase	C
5.305	Facing out on LB, giant circle forward to salto forward to catch HB	C
5.306	(Handstand on HB) circle forward in reverse grip with free stoop or straddle vault and ½ turn over HB to hang on HB	C
GROUP 6	STALDER CIRCLES	
6.100	Clear straddle circle forward on LB or HB to clear support	A
6.101	Clear straddle circle backward on LB or HB to clear support (straddle L support)	A
6.200	Stalder forward to clear support	B
6.201	Stalder backward to clear support	B
6.202	Clear straddle circle backward on HB with grip change to hang on LB	B
6.203	Clear straddle circle backward on HB with ½ turn to hang HB	B
6.300	Stalder forward to handstand; also with ½ turn in handstand phase to hang on HB	C
6.301	Stalder forward to handstand with 1/1 turn on one arm after handstand phase to “L” or mixed “L” grip (Healy technique)	C
6.302	Long kip on HB, passing through clear straddle support-swing/press to handstand, also with ½ turn in handstand phase	C
6.303	Clear straddle circle forward on HB with flight backward over LB to hang on LB	C
6.304	Stalder forward in “L” grip to clear support	C
6.305	Stalder backward to handstand, also with ½ turn in handstand phase	C
6.306	Stalder backward to handstand with 1/1 turn on one arm after handstand to “L” or mixed “L” grip (Healy technique)	C
6.307	Facing inward-stalder backward with release and counter movement forward in flight to hang on HB	C
6.308	Facing inward-stalder backward w/ release and hecht to hang on HB	C
Group 7	CIRCLE SWINGS / HECHTS	
7.100	Hip circle backward on LB or HB to support	A
7.101	Hip circle forward on LB or HB to support	A
7.102	Sole circle forward or backward tuck or pike to stand; also with grip change to hang on HB	A
7.103	Rear support-seat (pike) circle forward through clear rear support, also on LB with grip change to hang on HB	A
7.104	Rear support-seat (pike) circle backward to rear support, also on LB with grip change to hang on HB	A
7.105	From cast on LB, free hip circle backward-hip repulsion – flight with re-grasp on LB to glide (false pop)	A
	Rear support seat (pike) circle forward with straddle cut backward to hang	B

7.200	on same bar	
7.201	Rear support LB seat circle backward with ½ turn and grip change to hang on HB	B
7.202	Inner rear support on HB seat (pike) circle backward with release to stand on LB or with grip change to hang on LB	B
7.203	Pike sole circle backward (toe on & off) to clear support	B
7.300	Outer front support-clear hip circle backward on LB with hecht to hang on HB, also with ½ turn (legs together or straddled)	C
7.301	Outer rear support on HB-fall backward to inverted pike swing or seat circle forward straddle cut backward with flight over LB to hang	C
7.302	Rear support on LB-seat circle forward with straddle cut backward and grip change to hang on HB	C
7.303	Pike sole circle forward to handstand, also with ½ turn in handstand phase	C
7.303A	Pike sole circle forward with 1/1 turn on one arm after handstand to L or mixed L grip (Healy technique)	C
7.304	Pike circle backward to handstand, also with ½ turn	C
7.304A	Pike circle backward to handstand, with 1/1 turn on one arm after handstand to L or mixed L grip (Healy technique)	
7.305	Underswing (pike sole circle) on LB, release and counter movement forward in flight to hang on HB; also with ½ turn	C
7.306	Clear rear pike support on HB (legs together) full circle swing backward to finish in clear rear support on HB	C
7.307	Clear pike circle backward on LB with release and counter flight to hang on HB or with hecht flight to hang on HB	C
GROUP 8	DISMOUNTS	
8.100	Underswing (also clear) to stand, also with ½ or 1/1 twist to stand	A
8.101	(From HB)-swing down between bars-swing forward to salto backward tuck/pike/stretch (Flyaway)	A
8.200	(From HB) Swing down forward between bars in reverse grip, salto forward tuck/pike/stretch with ½ or 1/1 twist, also from a counter-swing	B
8.201	Clear front support on HB underswing (toe-on or clear) with 1 1/2 or 2/1 twist	B
8.202	(From HB) swing down between bars, swing forward to salto backward, tuck, piked or stretch with ½ or 1/1 twist (flyaway)	B
8.203	(From HB) clear straddle circle forward on HB to salto forward tucked or swing down forward between bars in reverse grip, salto forward tuck/pike/stretch with ½ or 1/1 twist	B
8.204	Hip circle backward on LB or HB hecht; also from clear hip circle backward	B
8.205	Outer front support on HB-cast to near handstand, salto forward in tuck	B
8.206	From a cast, uprise or backswing, straddle cut to salto backward tuck/pike/stretch off LB or HB ( Whipsalto / Tanac)	B
8.300	Clear front support on HB underswing (toe-on or clear) to salto forward tuck/pike; also with ½ twist	C
8.301	Clear front support on HB underswing (toe-on or clear) with ½ twist to salto backward tuck/pike (Comaneci)	C
8.302	(Handstand on HB)-swing down between bars-swing forward to salto backward stretched with ½ or 2/1 twist	C
8.303	(Handstand on HB)-swing down between bars-swing forward to double	C

	salto backward tuck/pike	
8.304	(Handstand on HB)-swing down forward between bars in reverse grip, salto forward tuck/pike/stretch with 1½ or 2/1 twist	C
8.305	Hip circle backward (also clear) on LB or HB-hecht with 1/1 twist	C
8.306	Outer front support on HB-cast to near handstand, salto forward pike	C
8.307	Outer front support on HB-cast to near handstand, salto backward tuck/pike	C
8.308	Outer front support-clear hip circle swing backward or clear hip circle through handstand to salto backward tuck/pike	C
8.309	(Handstand on HB)-giant circle backward (facing LB) to salto backward tucked over HB, also facing HB back giant with ½ twist to back salto tuck.	C
8.310	From a cast, uprise or backswing, straddle cut to salto backward tuck/stretch with or twist off LB or HB (Tanac 1/1-1½)	C

USAIGC BALANCE BEAM ELEMENT VALUES*		
Group 1	Mounts	VALUE
1.100	Free leap to stand on one leg or both legs-take-off from one or both legs at the end of the beam or diagonally with lowering to a scale	A
1.101	Scissors leap to cross sit on thigh diagonal approach	A
1.101A	Stride leap with half turn to front support 90 degree approach to beam	A
1.102	From side stand, flank over or straddle cut forward to rear support	A
1.103	Jump (with or without hand support) to side straddle stand or side split sit; or ¼ turn to cross sit	A
1.104	Leap to cross split from one foot take-off-hand support permitted, also split leap forward with leg change to straddle split sit sideways with support on one hand	A
1.105	Jump to tuck stand, squat or stoop through to rear support	A
1.106	Forward roll from jump or clear straddle swing	A
1.107	Chest or head stand	A
1.200	Free jump with ½ turn in flight phase to stand-take-off from one or both legs, also straddle jump onto end of beam 180 degree split	B
1.201	Thief vault-take-off from one leg, free leap over beam, one leg after another to rear support	B
1.201A	From a side stand front ways double leg swing with ½ turn to rear support	B
1.202	Jump with ½ turn to clear straddle support-90 approach to beam	B
1.203	From side stand, squat or stoop through to clear pike support (hold 2 sec.)	B
1.204	Free forward roll at end of beam	B
1.205	Jump to chest stand, ½ turn over shoulder to shoulder stand	B
1.206	From cross stand, facing end of beam-head kip	B
1.207	Jump, press or swing to handstand; also with ½ turn, also from clear straddle or clear pike support	B
	Jump with bent hips to side planche (clear front support above	B



1.208	horizontal) 2 sec. hold	
1.209	Press to side handstand with hop ¼ (bending and stretching of knees) to cross handstand	B
1.210	From end of beam, jump (with hecht phase) to cartwheel	B
1.211	Handspring forward with hand repulsion from springboard; also front aerial to rear support; also take-off from two legs, roll over to rear support	B
1.212	Free Aerial walkover forward to rear support or with a ¼ turn to cross sit on thigh	B
1.300	Split leap with leg change at end of beam	C
1.300A	Two flank circles followed by lag flair	C
1.301	Round-off straddle pike jump backward over the beam into immediate back hip circle	C
1.302	Free jump to cross split sit; also with ½ turn to cross split sit	C
1.303	Hecht roll-with extended hip angle in flight phase	C
1.304	Jump to chest stand, 1/1 turn over shoulder to chest stand	C
1.305	Jump to handspring forward with step-out	C
1.306	Jump, press or swing to handstand with 1/1 to 2/1 turn	C
1.307	Jump with stretched hips to planche (2sec. hold)	C
1.308	Jump, press or swing to handstand with ½ turn and lower to planche or clear pike support (2 sec. hold)	C
1.309	Jump or press to handstand with weight shift to one arm (2sec.hold)	C
1.310	Round-off in front of beam, jump with ½ turn to near side handstand	C
1.311	From side of beam or end, salto forward to land in a tuck cross sit	C
1.312	Round-off, flic-flac to stand on beam; also to swing down	C
GROUP 2	LEAPS, JUMPS & HOPS	
2.100	Stag leap forward, also with ¼ turn (Stag) *** new straight leg spit leap = "B" see 2.200 ok C1&2	A
2.100A	Stag or Double Stag jump in place with ¼ turn cross position	A
2.101	Hop with free leg extended above horizontal	A
2.102	Stag leap forward with leg change (stag switch leap)	A
2.103	Stride leap forward with change of legs to wolf position	A
2.104	Sissone, take off from both legs land on 1 (use for A!) **	A
2.105	Stretched / arched jump forward, also with ½ turn, or with change/beat of legs **	A
2.106	Scissors leap forward or backward with bent legs (cat leap), or straight legs (Hitch Kick)	A
2.107	Scissors leap forward or backward with extended legs (Cabriole)	A
2.108	Tuck jump, take off from one or both legs	A
2.109	Wolf jump (2 legs) or hop (1 leg)-one leg tucked, other leg extended above horizontal, from a side or a cross position	A
2.200	Split leap forward or jump in place also with ¼ turn to land in side stand must achieve 135 to use for degree of split **	*B
2.201	Split Jump in place, take-off from both legs to cross stand, also with ¼ turn	B
2.202	Pike jump from cross position	B

2.203	Stretched jump with $\frac{3}{4}$ turn from cross or side position	B
2.204	Cat leap with $\frac{1}{2}$ turn	B
2.205	Tuck jump with $\frac{1}{2}$ turn, take-off from one or both legs	B
2.206	Wolf jump or hop with $\frac{1}{2}$ turn from cross or side position, also landing in front support	B
2.207	Straddle pike jump in cross position (facing length of beam)	B
2.300	Split leap or jump with $\frac{1}{2}$ turn; also stag leap with $\frac{1}{2}$ turn	C
2.301	Split jump in side position, also with the rear leg bent, also with change of legs prior to split position	C
2.302	Straddle pike jump, in side position	C

2.303	Straddle pike jump with $\frac{1}{4}$ turn, after straddle jump, side or cross position	C
2.304	Straddle jump to swing down, in cross sit or with $\frac{1}{4}$ turn to back hip circle	C
2.305	Hop with $\frac{1}{2}$ turn with free leg extended above horizontal	C
2.306	Fouette hop with $\frac{1}{2}$ turn to land in scale (leg above horizontal)	C
2.307	Switch leg leap; also switch leap to land in scale forward (2sec. hold)	C
2.308	Switch leg leap with $\frac{1}{4}$ turn to land in front support, also with back hip circle	C
2.309	Pike jump from side position or from a cross position with $\frac{1}{2}$ or $\frac{3}{4}$ turn	C
2.310	Ring or stag-ring leap or jump (rear leg at head height)	C
2.311	Stretched jump $1/1$ - $1 \frac{1}{4}$ turn	C
2.312	Cat leap with $1/1$ turn	C
2.313	Tuck jump with $\frac{3}{4}$ turn	C
2.314	Wolf jump or hop with $\frac{3}{4}$ turn also landing in front support	C
GROUP 3	TURNS	
3.100	$1/1$ turn on one leg	A
3.101	$1/1$ turn in knee scale-alternate hand support $\frac{3}{4}$	A
3.102	$\frac{1}{2}$ turn in prone position (on stomach)-alternate hand support	A
3.200	$1 \frac{1}{2}$ on one leg	B
3.201	$1/1$ turn on one leg, thigh of free leg horizontal forward or backward upward at 45 degrees throughout the turn	B
3.202	$1 1/2$ turn in knee scale-alternate hand support	B
3.203	$1/1 - 1 \frac{1}{2}$ turn in prone position (on stomach)-alternate hand support	B
3.203A	$1/1$ turn flank circle legs together	B
3.300	$1/1$ turn on one leg with thigh of free leg backward at or above horizontal throughout the turn	C
3.301	$1/1$ turn on one leg with free leg extended or bent forward at or above horizontal	C
3.302	$\frac{1}{2}$ illusion turn-through standing split without touching beam with free leg (brief touch of one hand permitted)	C
3.303	$1 \frac{1}{2}$ turn in tuck stand, free leg in forward horizontal	C
3.304	$1 \frac{3}{4}$ turn in tuck stand, one leg extended to side to initiate finish in tuck/kneeling position	C
3.305	$2/1$ in knee scale of which $1/1$ turn is free	C
		C

3.306	1 ¼ turn on back in kip position, hip angle closed	
3.307	One leg circle with flair, legs separated	C
GROUP 4	WAVES	
4.100	Body wave forward to balance stand on both legs	A
4.101	Body wave sideward to balance stand on both legs	A
4.102	Body wave backward to balance stand on one leg	A
4.200	Body wave forward to balance stand on one leg (toe)	B
4.201	Body wave backward to balance stand on one leg (toe)	B
4.202	Body wave sideward to balance stand on one leg (toe)	B
4.203	From kneeling position, rise upward with body wave through toe to balance stand	B
Group 5	HOLDS & STANDS *(2 SEC HOLD ON ALL GROUP 5)	
5.100	Scale forward, support leg extended or bent*	A
5.101	Standing split forward, with hand support-needle scale*	A
5.102	Stand on one leg with free leg forward or sideward above horizontal*, also w/free leg/foot held	A
5.103	Free lying torso position at end or side of beam	A
5.104	Planche with support on one or both arms	A
5.105	Kick or jump to handstand; also with ½ turn	A
5.200	Scale forward in balance stand on toe, support leg extended or bent	B
5.201	Balance stand on one foot, free leg in sideward hold above 140	B
5.202	Clear pike "V" support or straddle	B
5.203	Handstand in cross position with large arch span	B
5.204	Jump to cross or side handstand	B
5.300	Standing split backward, in stand on whole foot	C
5.301	From handstand, walkover or cartwheel, lower to cross or side planche	C
5.302	Cross or side handstand with horizontal leg hold reverse planche in different variations (2 sec.)	C
5.303	One arm handstand from back walkover or cross or side handstand	C
GROUP 6	ROLLS	
6.100	Roll forward; also from a backward swing, with hand support	A
6.101	Roll backward	A
6.102	Shoulder roll backward	A
6.200	Dive roll forward, also shoulder roll forward with hand support and extension of body through vertical to stand or tuck stand	B
6.201	Roll forward without hand support	B
6.202	Handstand roll forward, kick or swing up with or without hand support	B
6.203	Roll backward to handstand	B
6.204	Roll sideward, in tuck or stretch through neckstand; also with ½ turn over shoulder	B
6.205	From back, roll sideward stretched (360)	B
6.300	Free shoulder roll forward to stand, with or without hand support	C
6.301	Free shoulder roll backward	C
6.302	Neck roll stretched with 1/1 turn or 1½ turn	C

GROUP 7	WALKOVERS, CARTWHEELS, ETC	
7.100	Walkover backward, also w/support of one arm or w/alternate support (tinsica) or with swing down to cross sit, also with ½ turn	A
7.101	Walkover backward to bridge, 1/1 (360) turn on one foot (one hand support to sit)	A
7.102	Walkover forward to bridge 1/1 turn on one foot, one hand support to sit	A
7.103	Cartwheel, also with support of one arm or bending of both arms or o forearms through chest stand	A
7.104	Walkover backward, also with support of one arm or with alternate hand support (tinsica) or with swing down to cross sit	A
7.105	Walkover, forward/backward (Tic-toc)	A
7.106	Walkover backward to handstand, ½ turn (180) in handstand-lower to end position touching beam	A
7.200	Walkover forward or tinsica; also with one arm	B
7.200A	Scale forward ½ turn to walkover backward (turning bridge)	B
7.201	From clear straddle support swing to handstand, walkover forward	B
7.202	Walkover forward or Backward From front scale, ½ turn to walkover backward	B
7.203	Walkover backward lower to clear straddle support	B
7.204	Handspring forward with flight before of after support of hands	B
7.205	Dive cartwheel (flight before or after)	B
7.206	Roundoff	B
7.207	From tuck sit-walkover backward (valdez); also with one arm or ½ turn	B
7.208	All flic flac variations with high flight phase and swing down to cross straddle sit	B
7.209	Flic flac with step out	B
7.210	Flic flac to stand on both feet	B
7.211	Gainer flic flac	B
7.212	Flic flac swing down to cross sit	B
7.300	Walkover forward in side position to side stand	C
7.301	Handspring forward with leg change in flight phase, also with one arm	C
7.302	Valdez swing over backward through horizontal plane with support on one arm	C
7.304	Walkover backward in side position to side stand	C
7.305	Back walkover with stoop through of one leg to cross split	C
7.306	From tuck sit-walkover backward with 1/1 turn, ½ turn in handstand on one arm, second half turn with late support (Diamidov)	C
7.307	All walkovers forward, backward or cartwheels with 1/1 turn in handstand	C
7.308	One arm flic flac step out	C
7.309	One arm flic flac to land on both feet	C
7.310	One arm gainer flic flac step out	C
7.311	Flic flac with ¼ twist to side handstand	C
7.312	Flic flac with tuck/pike and stretch of hips in flight to cross straddle sit	C

7.313	Flic- lac from side position to front support or with a hip circle	C
GROUP 8	SALTOS	
8.300	From one foot, Salto forward tuck to extended tuck sit with or without hand support	C
8.301	From two feet, salto forward to tuck sit with hand support	C
8.302	From a straddle sit, cast and whip to front salto in straddle position to cross sit	C
8.303	Salto backward tuck to stand or to scale forward	C
8.304	Salto backward piked, also stretch with step-out	C
8.305	Salto backward stretch to swing down to cross straddle sit	C
8.306	Gainer salto backwards, tucked or piked	C
Group 9	DISMOUNTS	
9.100	Handspring forward or Salto tuck, or pike, also with ½ twist	A
9.101	Aerial walkover forward; also with ½ twist	A
9.102	Swing free leg bwd, to front aerial off side of beam	A
9.103	Aerial round-off	A
9.104	Round-Off, Cartwheel or Handstand with ¼ twist, also cartwheel ¾ after hand support	A
9.105	Salto backward in tuck, pike or stretch, also with ½ twist (1 foot take-off)	A
9.106	Gainer salto in tuck, pike, stretch to side of beam	A
9.107	Gainer salto in tuck, pike also with ½ twist to side of beam	A
9.200	Gainer salto stretch to side of beam with ½ twist	B
9.201	Gainer salto in tuck with 1/1 twist to side of beam	B
9.202	Gainer salto tuck, at end of beam	B
9.203	Handspring forward with 1/1 twist	B
9.204	Aerial walkover forward with 1/1 twist	B
9.205	Cartwheel with 1 ¼ - 1 ¾ twist	B
9.206	Salto forward stretch, also with ½ twist	B
9.207	Arabian salto, tuck, pike, or stretched with ½ twist	B
9.208	Swing free leg backward. To front salto with ½ or 1/1 twist-tuck or stretch-off side of beam	B
9.209	Salto backward tuck or stretch with 1/1 twist; also with ½ twist	B
9.210	Stretched jump forward with ½ twist and salto backward, tuck or pike	B
9.300	Handspring forward with 1 ½ twist	C
9.301	Aerial walkover forward with 1½ twist	C
9.302	Aerial walkover forward with 1½ twist, also from a stand on one leg swing forward leg backward to front salto tuck with 1 ½ twists off side of beam	C
9.303	Salto forward tuck or stretch with 1/1 - 1 ½ twist to both legs	C
9.304	Salto backward with 1½ - 2/2twist, tuck, pike, stretch	C
9.305	Gainer salto stretched with 1/1 - 1 ½ twist to side of beam	C
9.306	Gainer salto pike or tuck full at end of beam	C
9.307	Stretched jump forward with ½ twist and salto backward stretched	C
9.308	Cartwheel with ¼ turn on hands and repulsion to tuck back at end of beam (Tsukahara)	C
	USAIGC FLOOR EXERCISE ELEMENT VALUES*	

GROUP 1	LEAPS, JUMPS	
1.100	Split leap forward; also stag split leap	A
1.101	Split jump in place	A
1.102	Stride leap forward with change of legs to wolf position	A
1.103	Scissors leap forward or backward with straight legs (hitch kick), backward or forward (cabriole)	A
1.104	Sissone	A
1.105	Chasse with full turn	A
1.106	Stretched jump with ½- 1/1 turn	A
1.107	Cat leap, also with ½ turn	A
1.108	Hop with ½ turn, free leg extended above horizontal, take off from one leg	A
1.109	Tuck jump; also with ½ turn-take-off from one or both legs	A
1.110	Wolf jump or hop-one leg tuck, one leg extended, take off from one or both legs	A
1.200	Tuck jump to cross split during flight phase	B
1.201	Side split jump, also split leap or jump with ¼ or half -turn	B
1.202	Jete' en tournant-split leap backward with ¼ to ½ turn	B
1.203	Switch leg leap, also with stag to ring	B
1.204	Pike jump with legs above horizontal; also with ½ turn to front lying support	B
1.205	Straddle pike jump or side leap in straddle pike position	B
1.206	Side split jump to front lying support (Schushunova)	B
1.207	Tour jete'	B
1.208	Ring leap or jump with rear leg at head height	B
1.209	Tuck jump backward with arch (sheep jump)	B
1.210	Stretched jump with 1 ½ turn	B
1.211	Cat leap with 1/1 turn	B
1.212	Fouette hop to land in scale, hop with 1/1 turn free leg at the horizontal	B
1.213	Tuck jump with 1/1 turn-take-off from one or both legs	B
1.214	Wolf jump or hop with ½ turn	B
1.215	Scissors leap forward with stretched legs ¼, ¼ turn	B
1.216	Sheep jump, tuck jump backward arch	B
1.300	Split jump with 1/1 turn	C
1.301	Switch leap with ½ turn	C
1.301A	Split leap with leg change through forward, side, back horizontal – (rond de jambe), also with half turn	C
1.302	Switch leg leap and ¼ turn to side split leap	C
1.303	Switch leg leap with ½ turn to front lying support	C
1.304	Pike jump with 1/1 turn and legs at horizontal	C
1.305	Straddle pike jump with 1/1 turn (Popa)	C
1.306	Jump with 1/1 to side split and land in front lying support	C
1.307	Leap with 1½ turn in horizontal plane to land in front lying position	C
1.308	Tour jete with additional ½ turn or to a split sit position	C
1.309	Tour jete to ring leap	C
1.310	Switch leg leap to ring leap	C
1.311	Stretched jump with 2/1 turn, also with 2 ½ turn	C

1.312	Cat leap 1½	C
1.313	Hop with 1½ turn, free leg extended above horizontal	C
1.314	Tuck jump with 1½ turn, take-off from one or both legs	C
1.315	Wolf jump or hop with 1/1 turn, take-off from one or both legs, also with landing in front support	C
GROUP 2	TURNS	
2.100	Full turn on one leg	A
2.200	1½ turn on one leg	B
2.201	Full turn with free leg at or above horizontal	B
2.202	Full turn with free leg held upward with hand at a 180 split position	B
2.203	Full turn to scale forward (2 sec. hold)	B
2.204	1/1 turn in scale forward with free leg above the horizontal from start to end of turn	B
2.205	1/1 illusion turn without touching floor with leg or hand	B
2.206	1/1 turn in tuck stand on one leg – free leg optional	B
2.207	2/1 spin on back in a closed hip position, (kip)	B
2.300	2/1 turn on one leg	C
2.301	1½ turn with free leg at or above horizontal	C
2.302	1½ turn with free leg held upward with hand at a 180 split position	C
2.303	1½ turn to forward scale- (2 sec. hold)	C
2.304	1 ½ turn in scale forward with free leg above horizontal from start to end of turn	C
2.305	Double “flair”	C
2.306	1 ½ turn in tuck stand on one leg – free leg optional	C
GROUP 3	HANDSTANDS	
3.100	Kick, press or jump to handstand, also with ½ to 1/1 turn in handstand	A
3.200	Kick or press to handstand with 1 ½ or more turn	B
GROUP 4	ROLLS	
4.100	Forward roll, hecht roll, handstand forward roll	A
4.101	Backward roll in tuck or pike	A
4.102	Roll backward to handstand, also with ½	A
4.200	Stretched jump with ½ twist to hecht roll	B
4.201	Jump 1/1 twist to hecht roll	B
4.202	Roll backward to handstand with 1/1 turn or more	B
GROUP 5	WALKOVERS, CARTWHEELS	
5.100	Walkover forward or backward; also from tuck sit (valdez)	A
5.101	Front handspring, also with ½ turn, also fly spring to one foot	A
5.102	Cartwheel with or without flight phase	A
5.103	One butterfly forward or backward	A
5.104	Side or front aerials	A
5.105	Round off	A
5.106	Aerial round off	A
5.107	All flic-flac and gainer flic-flac variations, also with support of one arm	A

5.108	All head or neck kips	A
5.200	Back walkover or valdez with 1/1 turn in handstand	B
5.201	Flic flac with 1/1 twist before hand support	B
5.202	Flyspring front handspring from two feet to land on two feet	B
5.203	Arabian handspring-jump backward with ½ turn to front handspring	B
5.300	Handspring forward with 1/1 twist-before or after hand support	C
5.301	Front aerial with 1/1 twist	C
GROUP 6	SALTOS FORWARD	
6.100	Salto Forward Tuck	A
6.200 ***	Salto forward pike* (NCAA = "A") PLAT/PREMIER	B
6.201	Salto forward tuck, pike or stretch with ½ twist	B
6.300	Salto forward in tuck, pike or stretch with 1/1 twist	C
GROUP 7	SALTOS SIDEWARD & ARABIAN SALTOS	
7.200	Salto sideward tuck, pike or stretch from takeoff forward from one or both legs	B
7.201	Arabian salto tuck, pike or stretch (take-off backward with ½ twist to salto forward), salto sideward stretch from takeoff backward	B
GROUP 8	SALTOS BACKWARD	
8.100	Salto backward, tuck pike or stretch, also with step-out	A
8.102	Whip salto backward	A
8.103	Gainer salto tuck, pike or stretch	A
8.200	Salto backward tuck, pike or stretch with ½ or 1/1 twist	B
8.201	Whip salto backward with ½ twist or 1/1 twist	B
8.202	Gainer salto tuck with 1/1 twist	B
8.203	Jump forward with ½ twist salto backward tuck or pike	B
8.300	Salto backward with 1½ or 2/1 twist, tuck or stretched	C
8.301	Jump forward with ½ twist to salto backward stretch	C



VALUE PARTS IN THE CODE ARE FOR USAIGC COPPER through GOLD (A's B's & C's)

USAIGC OVERVIEW – to supplement our USAIGC Code of Points/Rules I-Elements listed UNDER COPPER. VP credit will be given twice (once alone or with a DIFFERENT connection twice) if completed successfully.				
	Copper 1 & 2	Bronze & Diamond	Silver	Gold
SR	.4each	.4 each	.4 each	.4 each
VP min	5A's &/OR I's NO B's*	6 A's ( B's ok) NO C's	5A's & 2 B's NO C's *	4 A's & 4 B's NO D's
SV	10.00 C1 9.0/10.0 C2	10.00	10.00	9.90 up to 9.9 Vault
BP	Not Applicable	Not Applicable	Not Applicable	.10 extra C
C/QM	1.0/.5	1.0/.5	1.0/.5	1.0/.5
VT	**C1 & C2 Jump to Handspring/flatbk onto mat stack Level 3 deductions  **C2 Handspring 32"-48" stack mat to feet	Handspring OR 1/4-1/2 on – repulsion off Optional Vault Deductions -> -> -> -> DIAMOND same as Silver except #3.1	Collegiate VT Chart Group 1 with no vaults > 360 turn in post flight-NO Saltos Also Vault# 2.1 or #3.1	Collegiate Vault Chart- All Groups @ 9.90 or less
UB 45 sec fall clock	1.Back Pullover 2 feet 2. Cast 45 below horizontal 3. Circling Element 4. DMT Underswing, Sole Circle or Cast Push Away **C 2 may use HB	1. One Bar Change -min 2. Cast min. horizontal 3. Circling Elem.-min A NO Giants nor Handstand from circles 4. DMT. Underswing, Sole Circle OR Tuck, Pike, Layout Flyaway HB***only	1. One Bar Change-min 2. Cast min. 30 above horizontal 3. Circling Element* 4. DMT. Salto A or B (may twist)	1 One bar change-min 2. Circling element finishing 60 above horizontal 3. B element with flight or turn 4. DMT. Salto A-B-C
BB 30 sec. fal	1. ¾ handstand - min 2. Isolated Leap, min. 60 split *( B at 135 deg OK) 3. Dance Series of 2 elements 4.DMT. Any "A" dismount element – NO SALTOS/Flips  **C2 CW's & Handstands OK .45-1:10 sec.	1.*Acro elem that passes thru vert (no flight) FBS Not in mt or dm 2. Isolated leap min 90 degree split 3. Dance Series of 2 elem 1 of which is a lp/jump min 90 degree split 4. DMT any listed "A" *DIAMOND isolated acro flight OK  .50-1:30 sec.	1. Acro flight element 2. 360 turn on one foot 3. Dance Series of 2 or more elements 1 of which is a leap/jump with min. 120 split 4. DMT. Salto / Aerial A or B  .50-1:30 sec.	!.Acro Series of 2 elements 1 w/flight 2. Min. 360 turn on 1 foot 3. Dance Series of 2 or more elements 1 of which is a leap/jump min. 135 split 4. DMT. "B" or a "B" element in the series with an "A" DMT  .50-1:30 sec.

FX	<p>1. Acro series w min 2 elements (CW,RO,WO,Rolls) no handstands  2. Leap min. 90 split  3. Stretched Handstand Element (Min 1 sec.)  4. 180 or 360 turn on one foot</p> <p><b>See page 23 (handsprings)</b>  .45-1:10sec</p>	<p>1. Acro Series w/min of two (2) fast flight elements (no saltos)*  2. Dance Series with a min. two (2) elements including a leap with a min. 120 split  3. Dance /Acro OR Acro / Dance Series (any acro) – mixed series  4. 360 turn on 1 foot  *DIAMOND may salto up to 2</p> <p>50-1:30 sec</p>	<p>1. 3 element min acro-series with any one salto (up to 1/2 twists)  2. Forward Acro Series of two (2) or more non-flight, fast flight or flight elements  3. Dance Series or Passage with a min. of 2 elements including a leap min. 135 split  4. B turn on 1 foot</p> <p>50-1:30 sec</p>	<p>1. Double Salto series w/min 2 elements (same or different)  2. Acro Series of 3 or more fast flight elements with 1 salto  3. Dance Series or Passage with a min. of 2 elements including a leap min. 150 split  4. Min. B turn on 1 foot</p> <p>50-1:30 sec</p>
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	Platinum	Premier
SR	.2 each	.2 each
VP min	3 A, 4 B & 1 C	3 A, 3 B & 2 C
SV	9.70 (X.VT)	9.50 (X.VT)
BP	.30 CV & Extra D/E up to .3 / 1 E only .1 bonus	.50 CV & extra D / E
C/QM	Not Applicable	Not Applicable
VT	Collegiate VT. Chart ONLY 1 VT. Allowed, unless a fall, 2 <sup>nd</sup> vault counts	Collegiate VT. Chart Only 1 VT allowed, unless a fall, 2 <sup>nd</sup> Vault Counts
UB 45 sec fall clock	<p>1. Min. 2 bar changes  2. 1 flight element min. B  3. 1 LA turn-excluding MT. or DMT  4. DMT. Min. B</p>	<p>1. Min. 2 bar changes  2. 2 flight elements. Min. 2 diff. C's or D &amp; B  3. 1 LA turn, min. C (not dmt)  4. DMT. C Min</p>
BB 30 sec. fall clock	<p>1. Acro Series of 2 flight elements  2. Min. 360 turn on 1 foot  3. Dance or Dance/Acro series of 2 or more elements 1 a leap/jump with 180 split  4. DMT. Min. B</p>	<p>1. Acro Series, min. of 2 flight elements 1 min. C  2. Min. 360 turn from Group 3. (no hand supp)  3. Dance Series: min. of 2 elements, 1 element min. C  4. Leap/jump w/180 split (may be part of dance series)  5. DMT. Min. C or B DMT conn. to D element acro</p>
FX	<p>1. Acro Series w/2 saltos  2. 3 diff. saltos  3. Dance Passage w/a min. of 2 diff. Group 1 elements, directly or indirectly connected, one which is a leap (one foot take off requiring a 180 cross or split position)  4. DMT. Min. B Salto, as last Salto or in last conn. of saltos</p>	<p>1. Acro Series w/ (2) saltos, same or diff. OR 2 directly conn. saltos  2. Three (3) diff. saltos within the exercise  3. Dance Passage w/a min. of 2 diff. Group 1 elements, directly or indirectly conn., one which is a leap (one foot take off requiring 180 cross or split pos.)  4. Min. C Salto DMT. In last pass or isolated last pass</p>

USAIGC COMPOSITON AND EXECUTION DEDUCTIONS

<p><b>Uneven Bars</b>  <b>Composition</b>                      -Insuff. Dist. Value parts up to .10                      -Uncharacteristic element each .10                      -More than 1 squat on LB w/ or w/o sole circle to grasp HB (Premier Only) ea. .10                      ¾ fwd. Giant circle (w/or w/o grip change) ea. .10  <b>Choice of elements</b>                      -failure perform both forwd/ bkwd. circles &amp; releases(Plat./Premier) .05                      -balance bet. pirouettes &amp; flight elements (Plat./Premier) up to .10                      -Lack variety :elem./cons. up to .10                      -Choice release elements not up to competitive level (Prem.) up to .20                      -Lack of elements that achieve (or pass thru) vertical (Gold) up to .20                      -more than 1 elem. before mt up to .20                      -lack of 2 bar changes (Prem) up to .20                      -missing VP/SR up to .40  <b>Execution</b>                      landing to close to bars on dismt .10                      swing fwd. or bwd. Under horiz. ea .10                      touch/brush foot on appar/mat up to .10                      under rotation of release/flight elem. up to .10                      precision of hdstand. pos. throughout up to .10                      insuff. ext. glides/swing into kips up to .10                      poor rhythm elements up to .10                      hesitation in jp or swing to hs up to .10                      insuff. Amplitude elements each .20                      Insufficient dynamics                      -insufficient swingful</p>	<p><b>Balance Beam</b>  <b>Composition</b>                      Missing Acro bwd &amp; fwd or swd ea. .10                      - if only in dismt 05                      Spatially- insuff. use entire beam up .10                      insuff. distrib. of value parts up to .10                      Insufficient level changes up to .10                      Failure to show movement/ choreography in diff. dir. (frwd/sidewd/bckwd) up to .10                      More than 2 pivot (str. Leg ½ turns) throughout exercise .10                      More than 2 dance elements of same shape (tuck/wolf/ or straddle) ea. .10                      More than 1 leap/jump to front support each .10                      More than 1 elem. before mount .20                      Lack of dance series (min. 2 dance ele. From Gr.(1,2,3) .20                      Acro elemets not up to competitive level up to .20                      Lack of balance between acro &amp; dance                      -missing VP/SR up to .30  <b>Execution</b>                      Landing too close to beam on dismt. .10                      Concentration pause .1ea (more than 2 sec.) ea. .20                      Rhythm during exec. Of dance/mixed conn. ea. .10                      Hesitation in jp, press, swing to HS .10                      Incorrect body pos. dance elem each.10                      Support 1 leg against side BB .20                      Insuff. split when required(dance/acro ele)</p>	<p><b>Floor Exercise</b>  <b>Composition</b>                      Failure to perform saltos in 2 diff. directions (bwd &amp; fwd or swd) .10                      Insufficient dist. Of value pts. up to .10                      Space (use entire fx ) &amp; dir. each .10                      More than 2 dance ele. of same shape (tuck/wolf/or straddle) each .10                      More than 1 lp/jp/to prone pos ea. .10                      Lack bal betw, acro &amp; dance VP up to .20                      Acro not up to compet level up to .20                      -missing VP/SR up to 20                      Lack of variety VP up to .20                      Lack of turn on 1 ft, min B .20                      Lack min. B salto (Gold/Pl) .30                      Lack min. C salto (Pr) .30                      missing VP/SR up to .30  <b>Execution</b>                      Rhythm exec. dance/mixed conn ea..10                      Incorrect body pos. in dance elem ea. .10                      Concentration pause - more 2 sec .ea.10                      Legs not parallel to fx in split or straddle pike ..20                      insuff. ht. of leaps/jumps/hops ea..20                      Insuff. ht. acro flight &amp; aerals ea. .20                      Insuff. split on VP elem. .20                      Insuff dynamics .20                      Insuff. var in rhythm/temp throughout .20                      Relaxed/incorr. Footwork in non-value parts throughout .20                      Insuff. ht. saltos each 30                      Relaxed/incorr/insuff. Leg</p>	<p><b>Landing-Execution-General</b>  <b>Landing</b>                      Slight hop, adjust of feet up to .10                      Steps (each .10) max. .40                      Deviation from straight dir. up to .10                      Extra arm swings up to .10                      Very large step or jump .20                      Incorrect body posture .20                      Brush/touch of landing surface w/ 1 or 2 hands (no support) up to .30                      Deep squat up to .30                      Trunk movements for bal. up to .30  <b>Execution</b>                      Flexed/sickled ft. during VP ea. time .05                      Legs; crossed .10                      separated . .20                      Insuff exactness of N,V,/ up to .20                      Failure maintain stretch body pos. up to .20                      Pikes down early (UB, BB, FX) Bent arms in supp or bent legs up to .30                      Fall, or support on hands .50                      Fail land feet first saltos &amp; dmts. No VP  <b>General</b>                      Fail present bef/after (CJ) ea time .10                      Exceeds FX boundary (CJ) each .10                      Overtime(cj) .10                      Coach stands betw bars or next to BB throughout exercise .10                      Excessive use magnesia chalk(cj) .20                      Incorrect</p>
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<p>execution throughout, energy maintained throughout exercise, makes difficult look effortless hit foot on apparatus .20 mat .30 insuff. ht. of salto dismount up to .30 grasp on app. To avoid fall .30 intermediate (extra) swing .30 failure to remove bd./spotting block after release element (C) .30</p>	<p>up to .20 Legs not parallel to beam in split or straddle pike up to .20 Insuff. Ht. of leaps/jumps/hops ea .20 Insuff. ht of acro flights, aerials &amp; saltos each .20 Grasp of beam to avoid fall .30 Rhythm during exec. of acro conn. each .30 Add. movemts to maintain bal up to .30 insuff. Ht. of salto dismt. up to .30 Dir. Gainer dismt. Off end bb up to .30 Insuff. sureness of performance throughout up to .20 Insuff. variation in rhythm/tempo up to .20 Relaxed/incorr. Footwork in non-value parts throughout up to .20 Relaxed/insuff. legs pos/body posture &amp; flexibility in non-value parts throughout up to .30 Artistry/Presentation originality/creativity of choreography up to .10 Quality movement reflects personal style up to .10 Quality expression up to .10</p>	<p>pos/body posture &amp; flex. in non-value pts throughout up to .30 Artistry/Presentation up to .30 originality/creativity of choreograph up to .10 Quality movement reflects personal style up to .10 *quality of expression up to .10 Music &amp; movemt. Ot in harmony ea..05 Exercise not ended w/music .10 Poor relationship of music &amp; movement throughout max .20</p>	<p>attire/jewelry (after 1 warning) (cj) .20 Coach instructs gym. During routine .20 Failure to begin exer. Within 30 sec. of CJ signal .20 Exceeds warmup time (after warning) (cj) .20 Incorrect apparatus specs(cj) .30 Board on unpermitted surface (cj) .30 Failure remove board after mt (cj) .30 Use supplementary mats (cj) .30 No dismount from start value .30 Spotting Assistance .50 Start exer. Before signal (rep.)(cj) .50 3<sup>rd</sup> run approach .50 Coach on FX (cj) (USAIGC) .50 Short exer: BB/FX-less than 30sec (cj) 2.00 UB (less than 5 VP) 2.00</p>
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QUALITY OF MOVEMENT: UB, BB, FX	.5
Slight foot form & flexed execution	Up to .1
Lacking sureness of movement	Up to .2
Dynamics, Rhythm, Temp	Up to .2
Insufficient leg/body posture throughout	.25-.35
Total lack stretch, consistent bent arms, legs, flexed feet throughout	.4-.5
ADDITIONAL COMPOSITIONAL CONTENT DEDUCTIONS	1.0
Missing Value Part: VP Value	Up to .2
Missing Special Requirements: SR value	Up to .2
Insufficient Distribution of VP	Up to .1
Choice of Elements	Up to .2
Uncharacteristic Elements	Up to .1
Overuse of elements and shapes (Tuck, Pike, straddle)	Up to .2
Variety of Elements	Up to .2
Balance between Acro and Dance elements	Up to .2
Rhythm & Tempo	Up to .2

Restricted Elements	.4
Copper Level	
Mixed "I" and "A" Elements	.2-.35
Majority of "I" Elements	.4- .5

### USAIGC/IAIGC COLLEGIATE VAULTING CHART

GROUP 1 HANDSPRINGS				GROUP 3 ROUND OFF ENTRY			
1.1	Handspring		8.8	3.1	RO, FF	Handspring	8.8
1.2	Yamashita		8.8	3.2	RO, FF	1/1 Twist Off	9.2
1.3	Handspring	1/2	8.8	3.3	RO, FF	1 1/2 Twist Off	9.5
1.4	Yamashita	1/2	9.0	3.4	RO, FF	2/1 Twist Off	9.9
1.5	Handspring	1/1	9.2	3.5	RO, FF	Back Tuck	9.5
1.6	Yamashita	1/1	9.3	3.6	RO, FF	Back Tuck 1/2	9.8
1.7	Handspring	1 1/2	9.5	3.7	RO, FF	1/2 Front Tuck	9.8
1.8	Yamashita	1 1/2	9.6	3.8	RO, FF	Back Tuck 1/1	9.9
1.9	Handspring	2/1	10.	3.9	RO, FF	1/2 Front Tuck 1/2	9.9
1.10	Handspring	2 1/2	10.	3.10	RO, FF	Back Tuck 1 1/2	10.
1.11	Handspring	3/1	10.	3.11	RO, FF	Back Tuck 2/1	10.
1.12	Handspring	Front Tuck	9.8	3.12	RO, FF	Back Pike	9.6
1.13	Handspring	Front Tuck 1/2	9.9	3.13	RO, FF	Back Pike 1/2	9.9
1.14	Handspring	1/2 Back Tuck	9.9	3.14	RO, FF	1/2 Front Pike	9.9
1.15	Handspring	Front Tuck 1/1	10	3.15	RO, FF	Back Pike 1/1	10.
1.16	Handspring	1/2 Bk. Tk. 1/2	10	3.16	RO, FF	1/2 Frt. Pike 1/2	10.
1.17	Handspring	Front Tk. 1 1/2	10	3.17	RO, FF	Back Layout	9.8
1.18	Handspring	Front Pike	9.9	3.18	RO, FF	Back Layout 1/2	9.95
1.19	Handspring	Front Pike 1/2	10	3.19	RO, FF	1/2 Front Layout	10
1.20	Handspring	1/2 Back Pike	10	3.20	RO, FF	Back Layout 1/1	9.95
1.21	Handspring	Front Layout	10	3.21	RO, FF	1/2 Ft. Lay 1/2	10
1.22	Handspring	Frt. Layout 1/2	10	3.22	RO, FF	Back Lay 1 1/2	10
1.23	Handspring	1/2 Bk. Layout	10	3.23	RO, FF	Back Layout 2/1	10
1.24	Handspring	Frt. Layout 1/1	10	3.24	RO, FF	Back Lay 2 1/2	10
1.25	Handspring	Frt. Lay. 1 1/2	10	3.25	RO, FF	Double Back	10
1.26	Handspring	Frt. Layout 2/1	10	3.26	RO, FF ½	1/1	9.3
1.27	Handspring	Double Frt. Tk	10	3.27	RO, FF ½	1 1/2	9.5
1.28	1/2 on	½ off	8.9	3.28	RO, FF ½	2/1	10
1.29	1/2 on	1/1	9.1	3.29	RO, FF ½	Front Tuck	9.9
1.30	1/2 on	1 1/2	9.5	3.30	RO, FF ½	Front Tuck 1/2	10
1.31	1/2 on	2/1	9.9	3.31	RO, FF ½	½ Back Tuck	10
1.32	1/2 on	2 ½	10	3.32	RO, FF ½	Front Tk. 1 1/2	10
1.33	1/1 on	Handspring	9.6	3.33	RO, FF ½	Front Pike	10

1.34	1/1 on	Yamashita	9.6		3.34	RO,FF ½	Front Pike 1/2	10
1.35	1/1 on	½	9.6		3.35	RO,FF ½	½ Back Pike	10
1.36	1/1 on	1/1	9.8		3.36	RO,FF ½	Front Layout	10
1.37	1/1 on	1 ½	10		3.37	RO,FF ½	Front Lay. 1/2	10
1.38	1/1 on	2/1	10		3.38	RO,FF ½	½ Back Lay	10
1.39	1/1 on	Front Tuck	10		3.39	RO,FF 1/1	1/1	9.7
140	1/1 on	Front Pike	10		3.40	RO,FF 1/1	1 1/2	9.9
1.41	1/1 on	Front Layout	10		3.41	RO,FF 1/1	2/1	10
1.42	FHS (onto bd) Hdspring	Front Tuck	9.9		3.42	RO,FF 1/1	Back Tuck	10
143	FHS (onto bd) Hdspring	Front Tuck 1/2	10.		3.43	RO,FF 1/1	1/2, Frt. Tuck	10
1.44	FHS (onto bd) Hdspring	Front Pike	10		3.44	RO, FF-1/1	Back Pike	10
1.45	FHS (onto bd) Hdspring	1/1 Twist off	9.3		3.45	RO, FF-1/1	Back Layout	10
1.46	FHS (onto bd) Hdspring	1 1/2 Twist off	9.6		3.46	RO, FF 1 1/2	1/1	10
1.47	FHS (onto bd) Hdspring	2/1 Twist off	10					10
Group 2 - TSUKAHARAS (1/4-1/2) ON								
2.1	Tsukahara	Handspring	8.8					
2.2	Tsukahara	Back Tuck	9.5					
2.3	Tsukahara	1/2 to 3/4 Front Tuck	9.8					
2.4	Tsukahara	Back Tuck 1/2	9.8					
2.5	Tsukahara	Back Tuck 1/1	9.9					
2.6	Tsukahara	1/2 to 3/4 Ft Tuck ½-	9.9					
2.7	Tsukahara	Back Tuck 1 ½	10.					
2.8	Tsukahara	Back Pike	9.6					
2.9	Tsukahara	Back Pike 1/2	9.9					
2.10	Tsukahara	½ to 3/4 Ft.Pike	9.9					
2.11	Tsukahara	Back Pike 1/1	10					
2.12	Tsukahara	½ to ¾ Frt. Pike ½	10					
2.13	Tsukahara	Back Layout	9.8					
2.14	Tsukahara	Back Layout 1/2	10.					
2.15	Tsukahara	½ to ¾ Frt. Lay	10.					
2.16	Tsukahara	Back Layout 1/1	10.					
2.17	Tsukahara	½ to ¾ Front Lay ½-	10					
2.18	Tsukahara	Bk. Layout 1 1/2	10.					
2.19	Tsukahara	Back Layout 2/1	10					
2.20	Tsukahara	Bk. Layout 2 1/2	10					
2.21	Tsukahara	Double Bk. Tuck	10					

- Vault numbers will not be flashed but vault groups will be.
- 1.0 deduction (taken by each judge) for one or no hands touching vault table.

- 1.0 deduction (taken by each judge) for spotting assistance during the vault.
- 1.0 deduction (taken by each judge) for not landing on feet first (includes fall).

The USAIGC/IAIGC is a membership driven. Our Membership Clubs bring forth any recommendations pertaining to our Rules & Policies every two years. Recommendations are posted on a ballot and voted upon by each USAIGC/IAIGC Club in good standing. Each USAIGC/IAIGC Club has one OPEN vote per recommendation. The Club Name is used in the voting process. The President or Technical Director of the USAIGC strikes any recommendation contrary to the purpose, goals and objectives of the USAIGC/IAIGC from the ballot with a full explanation.

The USAIGC/IAIGC Office runs four National/ International Competitions throughout the Competitive Season. Each Competition is unique unto itself:

1. USAIGC HIGH SCHOOL INVITATIONAL – for our High School Gymnasts
2. USAIGC/IAIGC TEAM CUP INVITATIONAL: no individual placements, JUST TEAM!!!
3. USAIGC/IAIGC INDIVIDUAL EVENT INVITATIONAL: An Individual Event Competition
4. USAIGC/IAIGC WORLD CHAMPIONSHIP – our culminating Championship recognizing our All-Around, Individual Event and Team Champions.

International Competitions: IAIGC/USAIGC currently in UK & South Africa

United States Association of Independent Gymnastic Clubs (USAIGC)

International Association of Independent Gymnastic Clubs (IAIGC), 450 North End Ave.  
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